

Pastoral counseling at the Care Center focuses on providing guidance and support to the Chesapeake body during times of grief, stress, life decisions, and relationship struggles.

Our role as Care Facilitators is to help people find their way, or way back, to the healing which God has provided. We have an expectation that people find that “peace that transcends understanding” that is taught in the book of Philippians. We rely on the truth of the Scriptures, the power of prayer and the intervention of the Holy Spirit to bring people through their circumstances to a healthier life.

Often our society encourages us to put up with our conditions; if you wait long enough you will find some way to cope. However, seeking care at the Care Center is a healthy self-care move. We believe that the cross of Jesus Christ provides victory over your condition.

At the Care Center we do not diagnose for mental illness, but we understand the place that mental health and medical providers have in the overall scope of care. There are times when mental health, or even medication is necessary. We will refer to Christian mental health providers when the situation warrants. An additional difference in pastoral counseling is that we do not participate in legal proceedings

Years ago, I was asked in an interview why anyone would come for help at a Christian care facility. My answer was easy, “We are created by God and therefore we intuitively know that His Son is safe.”

Whether a mature believer, a new believer, or not yet a believer, we all know that Jesus is safe. It is through this safety in Christ that the Care Center reaches out to our Body. When you come to the Care Center, much of what you will learn is how to delight in how God created you. You should expect someone to pray for you and with you. You should expect to hear scripture and to be encouraged to use scripture throughout your healing process.

And yes, some of the healing process is on you.

Whether you are participating at the Care Center as an individual, in a group or in couples mentoring, an expectation is that you will do your part to achieve health with the help of the Holy Spirit.

Our vision for pastoral care at the Care Center is that struggling people would accept and embrace the healing that is already available. Our struggles are normal. And so is the healing.

It is not ours to say what the healing should look like. But it is our to know that “by His wounds you have been healed.”

Dr. Michael K. Lea, Congregational Care Pastor

*. . . by His wounds you have been healed. 1 Peter 2:24*