

Carry each other's burdens, and in this way you will fulfill the law of Christ.
Galatians 6:2



Congregational Care at Chesapeake Church

A Letter from Congregational Care Pastor, Dr. Michael Lea

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

Our role as Pastoral Counselors and Care Providers 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 about 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 families and individuals through their circumstances to a healthier life.

At the 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 and we will refer to Christian mental health providers when the situation warrants. An additional difference is that in providing Pastoral care we do not participate in legal proceedings

Often society encourages you to put up with your condition. If you wait long enough you will find some way to cope. We know that the cross provides for victory over your condition. Yet there are times when mental health, or even medication, is needed so a person can be reached. **To seek care at the Care Center or through other means is a healthy self-care move.**

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 a believer yet we all know that Jesus is safe. It is this safety in Christ that the Care Center reaches out to our body. A person should expect to be prayed for and with when they come to the center. They should expect to hear scripture and to be encouraged to use scripture in the healing. Much of what they will learn is how to delight in how God created them. Whether they are participating at the center as an individual, in a group, or in couples mentoring, or family counseling they will encounter an expectation that they will do the work to achieve health with the help of the Holy Spirit.

To sum up what the pastoral care model of the Care Center looks like is this:

That struggling people would accept and embrace the healing that is available. The struggle is normal and so is the healing. Through caring, challenge, and encouragement, and with a call to grow through serving, the body of Chesapeake Church can carry one another's burdens.

Dr. Michael Lea, Congregational Care Pastor