

Pastoral Care and Spiritual Development

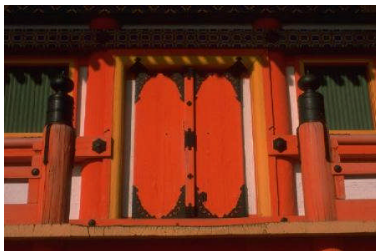
Explore individual and couple's strength and growth areas.

Learn useful communication skills, to include assertive and active listening.

Develop a financial plan and budget.

Develop personal, couple, and family goals.

Explore family of origin relationships.



Making the Most of Our Lives

The most important information that we can obtain in life is how to accomplish and pursue God's will for our lives.

Many opinions and tests often only point to our surface, and there comes a need for in depth spiritual observation and connection to each other, our destiny, and ourselves.

The help of a Pastoral Conversation often can aid going to the next level in our lives and families.

REFORMATION
LUTHERAN CHURCH
1215 East Vernon Road
Philadelphia, PA 19150
Office Phone: 215-548-4332
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Email: rev_law@hotmail.com

Church website:
www.welcomeplace.org



Reformation Lutheran Church

Personal, Marriage, and Family Pastoral Support

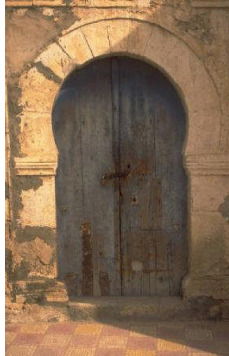
Reformation Lutheran Church

"All Things Are Working Together"
Romans 8:28

Pastor Lamont Anthony Wells
Office Phone: 215-548-4332



Pastoral Therapeutic Care for Individuals and Families



Guidance to Important Questions:

What does God require of me (us)?

Who am I (are we)?

How Do I relate to others, myself, and God?

When...?

Where is God when I need(ed) God's Help?

How can I change?

What does it mean to "Be Saved"?

What next?

How do I get over this...?

Is there a future for me (us)?

Sessions

Communication Exercise I

Sharing strength and growth areas: discuss and increase awareness of self and relationships with others.

Communication Exercise II

Assertiveness and Active Listening: stating the true desires of the heart in the presence of another. Describing personal and relational expectations.

Communication Exercise III

Conflict Resolution: Identifying personal contributions to relational conflicts. Learning alternative ways to bring harmony to self and collectively.

Communication Exercise IV

Family History/ Genogram: identifying habits and traits that are generational stumbling blocks to personal and social growth. Creating plans to overcome those identified issues.

Communication Exercise V

Plans, Financial Future, Practical Disciplines: creating clear budgets, Following Biblical Protocol for self and family in social, religious, and global community. Setting priorities.

Communication Exercise VI

Goals and Review: Inspirational summation. Open Session- recap

Scheduling

Session formats:

Personal/Individual: 50-minute intervals

Couples: (a) one 2-hour session
(b) three 55-minute sessions*
(c) six 55-minute sessions*
(d) one 1-hour session

* Pre-Marital Pastoral Counseling

Family: Negotiable times/format sessions

Method of Payment: Cash and Checks

Note: Fees are Negotiable. Sliding scales are used for those unable to pay regular rates. Reformation Church Members are exempt from most fees associated with the sessions.

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