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an insightful text in gaining understanding of soul care, the history of soul care, and the giving and receiving of soul care. I was challenged and inspired by his ideas that every Christian is called to care for the souls of others (Benner, 1998). Therefore, I believe any Christian would benefit from reading this text.

**The Importance of Soul Care**

It is important that the focus of Christian soul care is on the person, not the problem. In *Care of Souls: Revisioning Christian Nurture and Counsel,* Benner (1998) describes Jesus as an example of being more than a moral teacher, stating that his concern was not just for God’s law, but for God’s people. Benner points to this saying “the overreaching goal of Christian soul care may be thought of as character formation . . . the formation of the character of Christ within his people” (p. 32).

The above-mentioned chapter describes midlife as being a time to readjust the answers we have previously adopted for core spiritual questions (Ireys et al., 2007). Currently, I find myself in this readjustment time and asking myself the questions that Benner (1998) laid out:

Who am I? Am I to be defined by the circumstances of my life, or is there something else to me? Could I change my circumstances and fit them to who I feel myself really to be? Would changing the external aspects of my life perhaps be a way to discover the real me? (p. 112)

**Caring for the Souls of Others**

It is important that the focus of Christian soul care is on the person, not the problem. Spreitzer, Shapiro, and Glinow (2002) describe Jesus as an example of being more than a moral teacher, stating that his concern was fundamentally for God’s people, not just for God’s law. Humans are, in their inner persons, psychospiritual beings. No problem of the inner person

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