



EAST

FINAL EXAMINATION
SCHOOL OF BIBLE AND THEOLOGY
BURUBURU CAMPUS
FIRST SEMESTER, 2025/2026 ACADEMIC YEAR
EXAMINATION FOR THE DIPLOMA OF BIBLE AND THEOLOGY IN
BIBLICAL STUDIES
DBT 224: PASTORAL CARE AND COUNSELLING (FORM A)

STREAM:

TIME: 2 HOURS

EXAMINATION SESSION: NOV/DEC

YEAR: 2025

DAY []

DATE: []

INSTRUCTIONS:

1. Attempt ALL the questions in **Section A**
 2. Attempt any **Two** questions in **Section B**
 3. The entire exam is worth forty (40) marks.
 4. Write ONLY on the space provided on the answer sheet or as otherwise instructed.
 5. Where necessary Show your working clearly.
 6. Do NOT attempt to access any library, online (audio, video, digital or electronic) or paper-based (written), sources for your answers unless this is clearly advised in the Question.
 7. The camera must be on throughout the exam period.
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SECTION A (20 MARKS) – ANSWER ALL QUESTIONS

Question One

Pastoral care remains a key ministry of the Church, requiring spiritual insight and practical wisdom to address the diverse needs of believers in a changing world.

- a) Apply your understanding to define *pastoral care* and *Christian counselling*, showing how they complement each other in ministry. (6 marks)
- b) Analyze three major challenges faced by pastors in offering effective pastoral counselling in the church today. (6 marks)
- c) Create strategies that can strengthen pastoral care and counselling ministries for transformation in your community or congregation. (8 marks)

SECTION B (20 MARKS) – CHOOSE TWO QUESTIONS

Question Two

- a) Apply biblical teaching to explain how pastors can comfort those who mourn. (5 marks)
- b) Evaluate the effectiveness of pastoral presence and prayer in ministering to grieving families. (5 marks)

Question Three

Effective pastoral counselling depends on spiritual guidance, making it essential to understand the role of the Holy Spirit in the counselling process.

- a) Apply scriptural understanding to explain the work of the Holy Spirit in guiding the counsellor and counsellee. (5 marks)
- b) Evaluate how reliance on the Holy Spirit enhances the effectiveness and sensitivity of pastoral counselling. (5 marks)

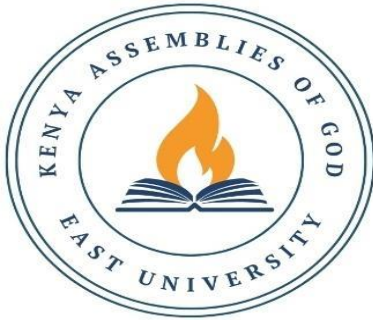
Question Four

Conflicts and instability in Christian families pose serious challenges to spiritual growth and unity, calling for effective pastoral counselling interventions.

- a) Analyze the main causes of family conflict and instability in Christian homes. (5 marks)
- b) Evaluate how pastoral counselling can restore unity and strengthen family relationships. (5 marks)

Question Five

- a) Analyze the leading causes of stress and burnout among pastors. (5 marks)
- b) Develop biblical and practical methods to prevent or manage ministry burnout. (5 marks)



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DBT 224: PASTORAL CARE AND COUNSELLING (FORM B)

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8. Attempt ALL the questions in **Section A**
 9. Attempt any **Two** questions in **Section B**
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SECTION A (20 MARKS) – ANSWER ALL QUESTIONS

Question One

Pastoral care remains a key ministry of the Church, requiring spiritual insight and practical wisdom to address the diverse needs of believers in a changing world.

- b) Apply your understanding to define *pastoral care* and *Christian counselling*, showing how they complement each other in ministry. (6 marks)
- b) Analyze three major challenges faced by pastors in offering effective pastoral counselling in the church today. (6 marks)
- c) Create strategies that can strengthen pastoral care and counselling ministries for transformation in your community or congregation. (8 marks)

SECTION B (20 MARKS) – CHOOSE TWO QUESTIONS

Question Two

- c) Apply scriptural understanding to explain the work of the Holy Spirit in guiding the counsellor and counsellee. (5 marks)
- d) Evaluate how reliance on the Holy Spirit enhances the effectiveness and sensitivity of pastoral counselling. (5 marks)

Question Three

Emotional and mental challenges increasingly affect believers today, calling for a biblically grounded and pastoral response that promotes healing and resilience.

- c) Identify and apply biblical insights to address emotional and mental challenges among believers. (5 marks)
- d) Analyze pastoral and scriptural methods that promote inner healing and resilience. (5 marks)

Question Four

Conflicts within the Church call for biblical understanding and pastoral wisdom to promote forgiveness, reconciliation, and lasting peace among believers.

- a) Analyze biblical principles of forgiveness, reconciliation, and peacebuilding. (5 marks)
- b) Evaluate the pastor's role as a mediator and reconciler in cases of conflict within the church. (5 marks)

Question Five

- c) Analyze the leading causes of stress and burnout among pastors. (5 marks)
- d) Develop biblical and practical methods to prevent or manage ministry burnout. (5 marks)

