

Wholly Human: Spirit and Soul and Body

Soul Care

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Our soul care matters - because our souls make up who we are, and who we are matters to God. When our souls are being cared for, we have more capacity to better care for the souls around us.

Mark 16:26

There are many people who are literally “lost souls.”

Question: What are some ways you have experienced or observed that you “lose your soul” while living?

Question: In our cultural, we ask “What do you do for a living?” Assumptions are made about who people are based on what they do. What are some questions you can ask in meeting people that would separate these two? Examples: “Who are you? What do you love? What do you like to do?”

4 ways we can invest in our souls:

1. By investing in your emotional health.

Questions: Be self-aware. Ask yourself: “How am I doing - really?” Look back at the last crisis, how did you do? When the toothpaste tube is squeezed, whatever is on the inside comes out.

2 Corinthians 12:9

Emotional healing and freedom does not come from skipping the process, but rather, it comes from pressing into the process.

Question: What does it look like for you to “boast about your weakness”; “press into the process”?

Many of us are settling for coping skills when God wants to bring us healing and freedom.

2. By investing in rest.

Psalm 127:2

“Self-care is never a selfish act - it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others. ... Take a Sabbath ... sanctifying some time adds richness to all times, ...” Parker Palmer

Question: What is one change you can make to move you towards taking a weekly Sabbath rest?

3. By investing in authentic relationships.

“Solitude is a gift from God isolation is a tool of the enemy.” Carey Nieuwhof

4. By having an intimate relationship with Father God.

Doing something for God is different than spending time with Him. We settle for a relationship with God that is respectful and not intimate.

Question: How can you move from being “respectful” to “intimate” in relationship to your heavenly Father? “Jesus needs to be experienced, not explained.” Andy Stanley

Psalm 63:1-8

Question: Your soul needs Jesus, are you making room for Him?

