

# SOUL CARE

## Spiritual hydration Mark 1:21-39

### The example of Adam

1. Man was created as a whole person.
2. Man was created with human limitations.
3. Man was created with a thirst mechanism.

### The example of Jesus

1. The reality of life is that we get depleted (dehydrated).
2. High expectations + high demands + high need = high depletion
3. Just as important as physical rehydration is spiritual rehydration.
4. Spiritual hydration takes place when we connect with God.
5. Spiritual hydration should make every part of our life healthier.

### Hydration Challenge

- Big Gulps
- Quick Sips

So, how is your soul today? (check all that apply)

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/> exhausted  | <input type="checkbox"/> peaceful         |
| <input type="checkbox"/> numb       | <input type="checkbox"/> content          |
| <input type="checkbox"/> restless   | <input type="checkbox"/> excited          |
| <input type="checkbox"/> confused   | <input type="checkbox"/> joyful           |
| <input type="checkbox"/> hurt       | <input type="checkbox"/> focused          |
| <input type="checkbox"/> stressed   | <input type="checkbox"/> relaxed          |
| <input type="checkbox"/> conflicted | <input type="checkbox"/> responsive       |
| <input type="checkbox"/> fearful    | <input type="checkbox"/> fully alive      |
| <input type="checkbox"/> defeated   | <input type="checkbox"/> positive         |
| <input type="checkbox"/> bitter     | <input type="checkbox"/> warm             |
| <input type="checkbox"/> distracted | <input type="checkbox"/> engaged          |
| <input type="checkbox"/> cynical    | <input type="checkbox"/> energetic        |
| <input type="checkbox"/> dry        | <input type="checkbox"/> receptive        |
| <input type="checkbox"/> disengaged | <input type="checkbox"/> composed         |
| <input type="checkbox"/> angry      | <input type="checkbox"/> hopeful          |
| <input type="checkbox"/> depleted   | <input type="checkbox"/> united           |
| <input type="checkbox"/> anxious    | <input type="checkbox"/> rested           |
|                                     | <input type="checkbox"/> <b>hydrated?</b> |

# GROWTH *guide*

*For those who are passionate about their faith!*

The key to spiritual hydration is connecting with God. We often are good about reading our Bibles, but fail to experience relationship with God. How can you *meet with God* this week, not just read what He has to say?

Monday | **Luke 10:38-42**

How did Mary's relationship to Jesus seem to differ from Martha's? In what way did Mary choose what is better? Do you ever give into the temptation to measure your "spirituality" by your spiritual activity?

Tuesday | **Matthew 14:23; Mark 1:35; Luke 5:15,16**

Why did you think Jesus often withdrew to lonely places to pray? How do you respond when the demands of life get a little crazy? Are you able to make time for just God and you?

Wednesday | **Psalms 90:1; 91:1-2, 9-10**

The psalmist here (likely Moses) talks about God as a dwelling place. How does that fit with the idea of spending time with Him? Is your relationship with Him anything like a place of retreat?

Thursday | **John 15:1-8**

What do you think it means to remain (or abide) in Jesus? Does it give you a picture of activity or relationship? What might be some ways that you as a branch can connect to Him as the vine?

Friday | **Matthew 6:6-8**

Jesus' instruction may be more figurative than literal—but do you have a place where you meet God? What might be the advantage of having one?

Sunday preview | **Exodus 20:8-11**

Why do you think the idea of Sabbath was included in the Ten Commandments? How important do we make it today?

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