

SOUL CARE

Soul Talk Psalm 42

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

- | | |
|--------------------------------------|------------------------------------|
| <input type="checkbox"/> dry | <input type="checkbox"/> nourished |
| <input type="checkbox"/> numb | <input type="checkbox"/> alive |
| <input type="checkbox"/> unmotivated | <input type="checkbox"/> excited |
| <input type="checkbox"/> exhausted | <input type="checkbox"/> rested |
| <input type="checkbox"/> depleted | <input type="checkbox"/> energized |
| <input type="checkbox"/> stressed | <input type="checkbox"/> relaxed |
| <input type="checkbox"/> distracted | <input type="checkbox"/> focused |
| <input type="checkbox"/> fragmented | <input type="checkbox"/> ordered |
| <input type="checkbox"/> hurt | <input type="checkbox"/> whole |
| <input type="checkbox"/> cynical | <input type="checkbox"/> open |
| <input type="checkbox"/> grieving | <input type="checkbox"/> comforted |
| <input type="checkbox"/> bitter | <input type="checkbox"/> forgiving |
| <input type="checkbox"/> restless | <input type="checkbox"/> serene |
| <input type="checkbox"/> unsettled | <input type="checkbox"/> secure |
| <input type="checkbox"/> conflicted | <input type="checkbox"/> peaceful |
| <input type="checkbox"/> discontent | <input type="checkbox"/> content |
| <input type="checkbox"/> anxious | <input type="checkbox"/> hopeful |
| <input type="checkbox"/> insecure | <input type="checkbox"/> confident |
| <input type="checkbox"/> fearful | <input type="checkbox"/> calm |
| <input type="checkbox"/> lonely | <input type="checkbox"/> supported |
| <input type="checkbox"/> isolated | <input type="checkbox"/> connected |
| <input type="checkbox"/> forgotten | <input type="checkbox"/> enriched |

The Process

1. Awareness: How is it with my soul today?
2. Asking: Why might it be this way?
3. ???
4. Action: What soul practice can I incorporate?

The missing piece? *Soul Talk: What do I need to tell my soul?*

Soul Talk

1. We all talk to ourselves—but really don't pay too much attention.
2. Even though these conversations often dictate how we feel and act.
3. And we miss the opportunity to bring life /health to our souls.

An example:

Ps. 42

1. How was it with his soul?
 - He was spiritually dry, emotionally spent and relationally disconnected.
 - In summary— he was downcast and disturbed.
2. Why?
 - Because he had lost focus, and as a result lost hope (and soul health).
3. What action did he take?
 - Told his soul to hope in God.
 - Chose to praise God.

What to say to do for your soul / what to say to your soul...

Soul Condition: dryness, emptiness

Soul Care: spiritual hydration

Soul Talk:

Soul Condition: exhaustion, fatigue

Soul Care: Sabbath / rhythms of rest

Soul Talk:

Soul Condition: distraction, stress, weighed down

Soul Care: slowing, silence and solitude, simplicity

Soul Talk:

Soul Condition: hurt, grieving, disappointed, sad

Soul Care: seek solace

Soul Talk:

Soul Condition: restlessness, discontent

Soul Care: syncing

Soul Talk:

Soul Condition: anxiety, insecurity

Soul Care: sufficiency / security in Christ

Soul Talk:

Soul Condition: loneliness, isolation

Soul Care: supporting cast

Soul Talk:

GROWTH *guide*

For those who are passionate about their faith!

Several instances of a person “talking” to his soul are recorded in the Bible. This week we’ll be exploring those passages, and what we can say to ourselves.

Monday | **Psalm 57 (8)**

Why is the author telling his soul to wake up? What are some things that your soul needs to wake up to? How can you be more aware of what God is doing in you and around you?

Tuesday | **Psalm 103 (2)**

What is your soul not supposed to forget? Why? What are some of the benefits that David lists that we have because we know God? How will you remind your soul of them today?

Wednesday | **Psalm 116 (7)**

What is the writer telling his soul? How can we be at rest in our souls? What are some things that you could tell yourself that would bring more peace to you internally?

Thursday | **Psalm 146 (1)**

What are some of the reasons the writer gives for praising God? What things would you add to your own personal list of praises? Why is it important for your soul to engage in praise?

Friday | **Judges 5:1-9, 19-23 (21)**

Deborah was a leader in Israel who led the nation into battle against God’s enemies. What did she say to her soul? In what areas of your life do you need to tell your soul to press on?

Sunday preview | **2 Kings 18:1-5**

What type of king was Hezekiah? How do you think he was able to overcome the bad example that his father Ahaz had set?