

Soul Care

Soul Keeping - Part 3

June 20, 2021

“You don’t have a soul, you are a soul. You have a body.”

Willard: The most important thing in your life is not what you do; it’s who you become. That’s what you will take into eternity. You are an unceasing spiritual being with an eternal destiny in God’s great universe.

**The life of the village depends on the health of the stream.
The stream is your soul.
And you are the keeper.**

What the soul needs most is God.

*“Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will **find rest for your souls.**”* Matthew 11:29 (NLT)

“If the Devil can’t make you sin, he will make you busy, because either way your soul will shrivel.”

5 Signs of Capacity Overload

- 1. An inability to control your emotions**
- 2. Constant illness**
- 3. Chronic lateness**
- 4. Excessive self-medicating**
- 5. Neglecting important relationships**

Willard: The neglected soul does not go away. It goes awry.

“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23 (NIV)

Choose what is most important and **prioritize it every day/week.**

It is not your **intentions but your **direction** that determine your **destination.****

A two-letter word we all must use: No

How we should prioritize our life:

- **God**
- **Health**
- **Family**
- **Work**

Recommended Resource: *When Work and Family Collide: Keeping Your Job from Cheating Your Family* by Andy Stanley

To care for your soul, **simplify** and **prioritize** your life.

Invite God into every moment of your day.

The soul is at home with God. That's not just an eternal destination but a moment-by-moment invitation.

Willard: The "with God" life is not a life of more religious activities or devotions or trying to be good. It is a life of inner peace and contentment for your soul with the Maker and Manager of the universe. The "without God" life is the opposite. It is death. It will kill your soul. You must arrange your days so that you experience deep contentment, joy, and confidence in your everyday life with God.

Take time daily, weekly and annually to get away, rest and recharge.

³⁰The apostles returned to Jesus from their ministry tour and told Him all they had done and taught. ³¹Then Jesus said, 'Let's go off by ourselves to a quiet place and rest awhile.' He said this because there were so many people coming and going that Jesus and His apostles didn't even have time to eat." Mark 6:30-31 (NLT)

"Man shall not live on bread alone, but on every word that comes from the mouth of God." Matthew 4:4 (NIV)

Willard: The "sudden" failures that appear in our lives are never really sudden but are the surfacing of long-standing deficiencies in "the hidden person of the heart."

"Be still, and know that I am God!" Psalm 46:10 (NLT)

Goodwin: Abraham Lincoln retreated to a cottage now known as the Soldier's Home National Monument every summer during the Civil War. It was there, beyond the pressures of the White House, that he was able to develop the strategy that eventually led to emancipation.

Time is made, not found.

We all need a trusted pastor and counselor.

Ortberg: If your soul is healthy, no external circumstance can destroy your life. If your soul is unhealthy, no external circumstance can redeem your life.

³⁷Anyone who is thirsty (talking about our soul) may come to Me! ³⁸Anyone who believes in Me may come and drink! For the Scriptures declare, 'Rivers of living water will flow from his heart.'" John 7:37-38 (NLT)

Name one thing you'll do first.

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