

Soul Realized

Soulfull - Part 1

June 4, 2023

How is your soul? Really?

“Then the Lord God formed the man from the dust of the ground. *He breathed the breath of life* into the man’s nostrils, and the man became a *living person*.” Genesis 2:7 (NLT)

“Now may the God of peace make you holy in every way, and may your whole *spirit and soul and body* be kept blameless until our Lord Jesus Christ comes again.” 1 Thessalonians 5:23 (NLT)

Body

- Your physical body is temporary.
- There is more to you than just your physical body.

Spirit

- Our invisible eternal essence that is made in God’s image.

Soul

- English “soul” = Greek “psychē”
- Your soul is eternal.
- “He has planted eternity in the human heart ... ” Ecclesiastes 3:11 (NLT)
- C.S. Lewis: “You don’t have a soul. You are a soul. You have a body.”
- Your soul is not just important for eternity. It’s important for today too.

5 Ways to Diagnose Your Soul

HEALTHY SOUL	UNHEALTHY SOUL
Ability To Control Your Emotions	Inability To Control Your Emotions
Mentally and Physically Healthy	Constant Illness
Plenty of Margin	Always Rushing
Self-Discipline and Self-Control	Excessive Self-Medicating
Relationally Present	Relationally Absent

“What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?” Matthew 16:26 (NIV)

²⁸Come to me, all of you who are weary and burdened, and I will give you *rest*. ²⁹Take up my yoke and learn from me, because I am lowly and humble in heart, *and you will find rest for your souls*. ³⁰For my yoke is easy and my burden is light.” Matthew 11:28-30 (NIV)

⁷When a Samaritan woman came to draw water, Jesus said to her, ‘Will you give me a drink?’ ... ⁹The Samaritan woman said to Him, ‘You are a Jew and I am a Samaritan woman. How can you ask me for a drink?’ (For Jews do not associate with Samaritans.)” John 4:7, 9 (NIV)

- **Every soul matters to God.**

“Jesus answered her, ‘If you knew the gift of God and who it is that asks you for a drink, you would have asked Him and He would have given you living water.’” John 4:10 (NIV)

- **Every soul gets to choose.**

“Sir,” the woman said, “you have nothing to draw with and the well is deep. Where can you get this living water?” John 4:11 (NIV)

- **Every soul is distracted.**

“Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?” John 4:12 (NIV)

- **Every soul compares.**

¹³Jesus answered, ‘Everyone who drinks this water will be thirsty again, ¹⁴but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.’ ¹⁵The woman said to Him, ‘Sir, give me this water so that I won’t get thirsty and have to keep coming here to draw water.’” John 4:13-15 (NIV)

- **Every soul has a desire.**

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