

Soul Prosperity Part 1

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3 John 3 (New International Bible)

Dear friend, I pray that you may enjoy good health and that all may go well with you, even **as your soul is getting along well.**

1. Prosper: to do well.
2. Prosperity does not mean being materially rich or wealthy.
3. Prosperity does not mean you won't get sick.
4. Soul: life, the immaterial (and eternal) part of the inner person: mind, emotions, and will (debated).
 - A. Mind: intellect
 - B. Emotions: feelings
 - C. Will: decision making
5. The Greek word for soul is psyche. The word psychology is based on the word psyche.
6. Psychology is the scientific study of the mind and behavior. Its subject matter includes the behavior of humans and nonhumans, both conscious and unconscious phenomena, and mental processes such as thoughts, feelings, and motives. In other words, psychology is the study of the soul.

Is Your Soul Doing Well?

1. Soul health is mental health.
2. **Do you suffer from Anxiety?**
 - A. Anxiety is a feeling of fear, dread, and uneasiness. We all go through that from time to time. When Anxiety does not go away and gets worse over a period of time, it's considered an anxiety disorder.
 - B. Anxiety Disorder Symptoms
 - a. Anxious thoughts or beliefs that are hard to control. They make you feel restless and tense and interfere with your daily life. They do not go away and can get worse over time.
 - b. Physical symptoms, such as a pounding or rapid heartbeat, unexplained aches and pains, dizziness, and shortness of breath.

- c. Changes in behavior, such as avoiding everyday activities you used to do.

3. Do you suffer from Depression?

- A. Depression is a mood disorder that causes a persistent feeling of sadness and loss of interest.
- B. Some symptoms
 - a. Feelings of sadness, tearfulness, emptiness or hopelessness.
 - b. Angry outbursts, irritability or frustration, even over small matters.
 - c. Sleep disturbances, including insomnia or sleeping too much.
 - d. Tiredness and lack of energy, so even small tasks take extra effort.
 - e. Reduced appetite and weight loss or increased cravings for food and weight gain.
 - f. Anxiety, agitation or restlessness.
 - g. Feelings of worthlessness or guilt, fixating on past failures or self-blame.
 - h. Trouble thinking, concentrating, making decisions and remembering things.
 - i. Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide.

Luke 4:18 (Amplified Bible)

"THE SPIRIT OF THE LORD IS UPON ME (the Messiah), BECAUSE HE HAS ANOINTED ME TO PREACH THE GOOD NEWS TO THE POOR. HE HAS SENT ME TO ANNOUNCE RELEASE (pardon, forgiveness) TO THE CAPTIVES, AND RECOVERY OF SIGHT TO THE BLIND, **To SET FREE THOSE WHO ARE OPPRESSED (downtrodden, bruised, crushed by tragedy),**

Isaiah 53:5 (Amplified Bible)

But He was wounded for our transgressions, He was crushed for our wickedness [our sin, our injustice, our wrongdoing]; The punishment [required] for our well-being *fell* on Him, **and by His stripes (wounds) we are healed.**

Mark 9:23 (Amplified Bible)

All things are possible for the one who believes *and* trusts [in Me]!"

