

APP Mother's Day 2022 Soul Health

Connect with us - Next Steps Form

- Text "Element" to 97000
- link to next steps form: <https://tinyurl.com/yd3buyt9>

GIVING TIME:

4 WAYS TO GIVE

ONLINE: <https://theelement.churchcenter.com/give>

APP: Give Tile

TEXT: Text an "amount" to 84321

MAIL: PO Box 52 East Lansing MI 48826

Proverbs 4:23

Above all else, guard your heart, for everything you do flows from it.

We cannot be spiritually mature while remaining emotionally [soul] immature. - Pete Scazero

**Healthy Christians need healthy souls.
Healthy souls are formed by healthy soul practices.**

Context Work: Triune Beings (Souls)

- God is Triune
 - Father, Son, Spirit
- We are created in His image
- We are Triune Beings
- **1 Thessalonians 5:23 NIV:** "May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ."
 - Spirit, Soul, Body

- **We are a Spirit, we have a Soul, we live in a Body**
- Soul = Mind, Will, Emotions
 - Thinking, Choosing, Feeling

This isn't modern "self help" but living different soul patterns

- This is living in a **different Kingdom**
- This is **living** in a **different pattern**
- **ILL. John Ortberg Soul Keeper**
 - "Your soul is the river, you are the keeper"
 - "Our world has replaced the word soul with the word self, and they are not the same thing. The more we focus on ourselves, the more we neglect our souls...To focus on my soul means to look at my life under the care and connection of God. To focus on myself apart from God means losing awareness of what matters most."

Romans 12:2

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Soul Problems?

- Our past
- Our broken patterns of operating in
 - Mind: thinking
 - Will: choosing
 - Emotions: feeling
- Our Fear
- Our Hurts/Wounds
- Strongholds/Lies
- Spiritual Warfare The Enemy/Satan

We are in a spiritual battle at a SOUL level so we have to fight with spiritual practices a SOUL level

“80 percent of the synoptic gospels address the battle with evil spirits...” - Charles Kraft

ILL. Spiritual Warfare in the soul is like rats & trash

“... [demons] are like rats, feeding on garbage. Rats are attracted to trash and garbage. If we find rats in our houses, the most important thing is to deal with what has attracted them. So it is with demons... emotional and or spiritual garbage provides a congenial setting for demonic rats... With people, as with homes, the solution to the rat problem is not simply to chase away the rats, but to first deal with the garbage, then dispose of the rats. The biggest problem is not the demons, then; it is the garbage. The demons are important [to deal with] but secondary.” Charles Kraft

ILL. Smithsonian Assignment America Video

- “Rats thrive in New York City due to garbage left on the streets.”
- “It all comes down to... garbage... if garbage is going to be put out, put it out in the morning, in the light [where it can be properly disposed of]... let’s get rid of garbage, lets not have garbage bags sitting out all night... and you will drop the rat population.” - Stephen Frantz Rodent Control Expert
- You have to deal with the rats/demonic - SECONDARY
- We have to deal with the SOUL TRASH - PRIMARY
- Spiritual warfare is more about dealing with the trash than the rats

You are not your trash, but you are responsible to deal with it

Talking about “Trash” on Mother’s Day?

- Your kids don’t do what you say, but what you do

- Generational freedom in dealing with these soul patterns
 - Nothing you can do that is better for your kids than to deal with your trash at a soul level
- [Fight the fights for you AND your children](#)
- Get the trash out in the light
- Get the rats out of your house

SOUL HEALTH PRACTICES for experiencing the life of God

1. Silence & Solitude (slow down)

- Talked Sabbath last week
- Next step is Silence & Solitude
 - daily & annual applications
- “Fatigue makes cowards of us all” - John Ortberg

Luke 5:16

But Jesus [often withdrew to lonely places and prayed.](#)

- **Practice:** Silence & Solitude
- **Moms:**
 - Ruth Barton Invitation to Silence and Solitude
 - Text “moms” to 97000

ILL. River Water/Silt settling when placed on shelf

- Daily
- Annually

2. Increase awareness around what is *actually* happening in your soul.

Before you can practice how to deal with pain at a soul level you have to be able to identify it!

ILL. Iceberg - 90% under the surface

- **TIME TO PROCESS/REFLECT**
 - Practice: Follow the “Flag”/Keep asking “why?”
- Q: “How did that make me feel?”
- Q: “Why am I stressed out?”
- Q: “Why did that make me angry?” (anger/sad are secondary)
- Q: “Why did that make me sad?”
- Q: “Where did I lose my peace?”
- Q: “Why do I feel anxious?... why?”
 - Identity
 - Worship
 - Motivation
 - Emotions
 - Pain
 - Fear
 - Lies

2 Corinthians 10:4-5

The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

ILL. Interrogate your thoughts, emotions & responses

Practice: Follow the “Flag”/Keep asking “why?”

- Q: “How did that make me feel?”
- Q: “Why am I stressed out?”
- Q: “Why did that make me angry?” (anger/sad are secondary)
- Q: “Why did that make me sad?”
- Q: “Where did I lose my peace?”
- Q: “Why do I feel anxious?... why?”
- **“Who are you?”**
- **“Where did you come from?”**

- **“Do you have authority to be here?”**
 - Identity
 - Worship
 - Motivation
 - Emotions
 - Pain
 - Fear
 - Lies
- **Practice: Journaling**

Increase awareness around what is actually happening in your soul.

3. Face your shadow side with God

ILL. Man with withered hand - extended the “shameful broken thing” and in God’s presence it was made whole.

“The willingness to see ourselves as we are and to name it in God’s presence is at the very heart of the spiritual journey. But it takes time to feel safe enough with ourselves and God to risk exposing the tender, unfinished places of our soul... We are so accustomed to being shamed or condemned in the unfinished parts of ourselves that it is hard to believe there is a place where all of who we are - the good, the bad and the ugly - will be handled with love and gentleness [God is such a place]... deep, truthful, self awareness creates chaos... it brings us to the rugged terrain of deeper self knowledge.” - Ruth Barton Invitation to Silence & Solitude

- **Practice: Honesty**

4. Practice soul formation with God

Practice: Repentance

- **3341 metanoia**
- Phonetic Spelling: (met-an'-oy-ah)
 - **Repentance: a change of mind, as it appears in one who repents of a purpose he has formed or of something he has done**
- Idols
- Worship
- Motivation
- Sin of Commission
- Sin of Omission
- **Jesus** - Lust in your heart
- **Peterson** - Lack of ability to commit or fear to commit sin is not morally superior to the person who does it: cowardice is not virtue.
- **Q: What would you do if it was guaranteed no one would ever know and you would not have to pay the consequences?**
 - So that is in your heart, you just haven't done it.
 - Lack of ability or cowardice is NOT virtue
 - In many ways, desire in my heart equates morally to doing it
 - **You might want to face that shadow, get honest & repent of that**

Practice: Confession

- **Define:** a formal statement admitting that one is guilty of a crime.
- **ILL. Texas - One of my siblings**
 - Parents came home
 - Burn smell in house
 - Burn mark in the microwave
 - Chocolate on face
 - Burned cupcake buried in the garage garbage
 - Denial!
- **My kids? As long as they deny it there is no intimacy & no resolution INSIDE THEM!**

- Romans 3:23 - for all have sinned and fall short of the glory of God
- Romans 6:23a - For the wages (consequences) of sin is death...
- Romans 5:8 - But God demonstrates his own love for us in this While we were still sinners Christ died for us.
- 1 John 1:9 - If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
- **John Stott**
 - Secret Sin (ask God for forgiveness)
 - Committed internally, not acted out or spoken out to others. Have freedom to confess to others (and sometimes should for freedom - that is our choice) but this needs to be confessed only to God.
 - Private Sin (ask the other party for forgiveness)
 - Public Sin (ask the group for forgiveness)
 - **We confess sin on the level it was committed**
- **Q: What is your cupcake?**
 - Confession needs to happen at the level it was committed
 - Confession opens the door for healing & intimacy

Practice: Receiving Forgiveness

Ephesians 2:3-5,8-9

3 All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath. **4** But because of his great love for us, God, who is rich in mercy, **5** made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved... **8** For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— **9** not by works, so that no one can boast.

Practice: Offering Forgiveness

“Holding onto unforgiveness to punish someone who hurt you is like drinking poison and waiting for the other person to die.”

- **Ephesians 4:32** - “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”
- **Colossians 3:13** - “Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”

Lord’s Prayer: Forgive us. Help us Forgive those who have hurt us.

- **Matthew 6:12-15** - And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins.
- **Forgiveness Process:**
 - Identify the hurt
 - Identify how it made you feel
 - Acknowledge your need for forgiveness
 - Forgive the person for the hurt and how it made you feel
 - Ask God to restore us in the area of loss
 - Pray blessing over the person

5. Live from God’s Kingdom with increasing gratitude & power

Starts Inside → manifests outside

1 Corinthians 4:20 MSG

God’s Way is not a matter of mere talk; it’s an empowered life.

Christianity is the ONLY faith system or worldview where God suffers... but if the resurrection really happened [it means God can and will redeem all suffering, and that means], everything is going to be OK. -Tim Keller

ILL. Sons & Daughters not orphans

“If your soul is healthy, no external circumstance can destroy your life. If your soul is unhealthy, no external circumstance can redeem your life.”

— John Ortberg, Soul Keeping

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Healthy Christians need healthy souls

Healthy souls are formed through healthy soul level practices

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Silence & Solitude

- **Invitation to silence & solitude Ruth Barton Book**

Increase awareness around what is actually happening in your soul

- **Follow the flag/Keep asking why**
- **Journaling**

Face your shadow side with God

- **Honesty**

Practice soul formation with God

- **Repentance**
- **Confession**
- **Forgiveness - Receiving & Giving**

Live within God's Kingdom

- Living empowered

Phone App

- [Silence & Solitude - Ruth Barton](#)

Spiritual Impartation

SALVATION & COMMITMENT

Decisions for Jesus:

- **If you have never personally Known God for yourself**
- **Or you did at one time but need to come back**
- **Present Gospel**
- **Pray**
 - Jesus, I ask you to forgive me
 - Come into my life
 - I need a savior
 - Thank you for a new beginning & a fresh start
 - Thank you that today you are with me and you love me.