

**SOUL DETOX
THE RESTLESS SOUL**

“You don’t *have* a soul, Doctor. You *are* a soul. You *have* a body, temporarily.”
A Canticle for Leibowitz by Walter M. Miller, Jr.

- WE ARE CREATED WITH *PHYSICAL* SUBSTANCE: BODY
- WE ARE CREATED WITH *NON-PHYSICAL* SUBSTANCE : SOUL
- OUR FULL IDENTITY IS INCOMPLETE WITHOUT BOTH.

THE BODY IS LIKE A SHIP AND THE SOUL IS LIKE THE SAIL THAT PROPELS IT ACROSS THE WATER.

SO WHAT HAPPENS AFTER I DIE? The Bible is not very descriptive, but it is clear—death is not the end of you. There is an interim state.

To summarize: Before death, I exist as an embodied soul. At death, my body dies and eventually ceases to exist, yet I remain as a disembodied soul. I retain my personal identity, until the general resurrection when I receive a new glorified body.
--Brandon L. Rickabaugh

And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. Genesis 2:7 KJV

THERE IS A LOT OF TALK ABOUT TAKING CARE OF OUR BODIES IN OUR CULTURE TODAY, BUT WHAT ABOUT OUR SOULS?

THE CURSE OF THE RESTLESS SOUL

Now you are under a curse and driven from the ground, which opened its mouth to receive your brother's blood from your hand. 12 When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth.
Genesis 4:11-12

What does a man get for all the toil and anxious striving with which he labors under the sun? 23 All his days his work is pain and grief; even at night his mind does not rest... Ecclesiastes 2:22-23

WHERE DO WE FIND REST FOR OUR SOULS?

- OUR SOULS FIND REST IN GOD ALONE.

**SOUL DETOX
THE RESTLESS SOUL**

“You don’t *have* a soul, Doctor. You *are* a soul. You *have* a body, temporarily.”
A Canticle for Leibowitz by Walter M. Miller, Jr.

- WE ARE CREATED WITH *PHYSICAL* SUBSTANCE: _____
- WE ARE CREATED WITH *NON-PHYSICAL* SUBSTANCE : _____
- OUR FULL IDENTITY IS INCOMPLETE WITHOUT _____.

THE BODY IS LIKE A _____ AND THE SOUL IS LIKE THE _____ THAT PROPELS IT ACROSS THE WATER.

SO WHAT HAPPENS AFTER I DIE? The Bible is not very descriptive, but it is clear—death is not the end of you. There is an _____ state.

To summarize: Before death, I exist as an embodied soul. At death, my body dies and eventually ceases to exist, yet I remain as a disembodied soul. I retain my personal identity, until the general resurrection when I receive a new glorified body.
--Brandon L. Rickabaugh

And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. Genesis 2:7 KJV

THERE IS A LOT OF TALK ABOUT TAKING CARE OF OUR BODIES IN OUR CULTURE TODAY, BUT WHAT ABOUT OUR SOULS?

THE CURSE OF THE RESTLESS SOUL

Now you are under a curse and driven from the ground, which opened its mouth to receive your brother's blood from your hand. 12 When you work the ground, it will no longer yield its crops for you. You will be a restless wanderer on the earth.
Genesis 4:11-12

What does a man get for all the toil and anxious striving with which he labors under the sun? 23 All his days his work is pain and grief; even at night his mind does not rest... Ecclesiastes 2:22-23

WHERE DO WE FIND REST FOR OUR SOULS?

- OUR SOULS FIND _____ IN _____ ALONE.

My soul finds rest in God alone; my salvation comes from him. Psalm 62:1

“You have made us for yourself, O Lord, and our soul is restless until it finds rest in you.” Augustine

Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:28-29

HOW DO WE FIND REST IN GOD?

- **BE STILL BEFORE GOD.**

Be still, and know that I am God... Psalm 46:10

But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me. Psalm 131:2

- **WAIT FOR GOD.**

Be still before the Lord and wait patiently for him... Psalm 37:7

I wait for the Lord, my soul waits, and in his word I put my hope. 6 My soul waits for the Lord more than watchmen wait for the morning... Psalm 130:5-6

- **What do you want to say to me?**
- **What do you want to show me?**
- **What do you want to do in me?**

- **REFLECT ON GOD'S GOODNESS.**

Be at rest once more, O my soul, for the Lord has been good to you. 8 For you, O Lord, have delivered my soul from death, my eyes from tears, my feet from stumbling, 9 that I may walk before the Lord in the land of the living. Psalm 116:7-9

Sources: N. T. Wright and multiple other godly theologians. God bless them! www.lifechurch.tv, a key partner church with New Life. They generously offer supportive resources for our ministries. They offer a series structure for our own research and preparation. You can also find various resources at <http://resources.lifechurch.tv>

My soul finds rest in God alone; my salvation comes from him. Psalm 62:1

“You have made us for yourself, O Lord, and our soul is restless until it finds rest in you.” Augustine

Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:28-29

HOW DO WE FIND REST IN GOD?

- **BE _____ BEFORE _____.**

Be still, and know that I am God... Psalm 46:10

But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me. Psalm 131:2

- **_____ FOR GOD.**

Be still before the Lord and wait patiently for him... Psalm 37:7

I wait for the Lord, my soul waits, and in his word I put my hope. 6 My soul waits for the Lord more than watchmen wait for the morning... Psalm 130:5-6

- **What do you want to say to me?**
- **What do you want to show me?**
- **What do you want to do in me?**

- **REFLECT ON GOD'S _____.**

Be at rest once more, O my soul, for the Lord has been good to you. 8 For you, O Lord, have delivered my soul from death, my eyes from tears, my feet from stumbling, 9 that I may walk before the Lord in the land of the living. Psalm 116:7-9

Sources: N. T. Wright and multiple other godly theologians. God bless them! www.lifechurch.tv, a key partner church with New Life. They generously offer supportive resources for our ministries. They offer a series structure for our own research and preparation. You can also find various resources at <http://resources.lifechurch.tv>