

Soul Care During Covid-19

Mark 1:32-38

10 Signs that Your Soul may not be ok:

- 1) Irritability.
- 2) Hypersensitivity.
- 3) Restlessness.
- 4) Workaholism or just nonstop activity.
- 5) Emotional numbness.
- 6) Out of order priorities (Lack of purpose).
- 7) Lack of Care for your body.
- 8) Escapist behaviors –
- 9) Slippage in our spiritual disciplines.
- 10) Isolation.

Covid-19's Five-Fold Assault on our Souls:

- 1) Helplessness.
- 2) Grief.
- 3) Loneliness.
- 4) Mistrust.
- 5) Displacement.

The Unprecedented Opportunity of Covid-19 – To Grow Deeper in our relationship with Jesus, and have him fill our thirsty Soul!

A Reminder: If you want to experience the life of Jesus, you have to adopt the lifestyle of Jesus.

Jesus and the Quiet Place:

Then Jesus was led by the Spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him. (Matthew 4:1)

➤ Mark 1:32-38 pp

Jesus' Soul Saving Practice: Daily undisturbed time with the Father.

Tools for Transformation:

- 1) One minute Pause: Lord Jesus I give you everyone and everything. I need you. Fill me with your Holy Spirit and presence.
- 2) P.R.A.Y.
- 3) Meditate on scripture.
 - S – Scripture
 - O – Observation
 - A – Application
 - P – Pray
- 4) Devotional Reading.
 - *Get your Life Back – Everyday practices for a world gone mad* by John Eldridge
 - *Book of Common Prayer – Disciplines for ordinary radicals.* (See LSCC App under LS Glenwood, Grow-Gather-Go, Grow Tools...