

Weekly Study of Sunday's Message.

Sunday July 21, 2019. "Soul Keeping: What the Soul Needs"

I. Intro.

Welcome to the weekly devotional that gives you some specific things to work thru from the message this past Sunday. Whether you were able to attend the worship service or not, this devotional is free-standing and you can still use it to help you dig deeper into your own spiritual walk. Take as long as you need to dive into this material and feel free to share it.

II Recap.

Sunday was our third in the "***Soul Keeping***" series, and was a look at what the soul needs. The first two Sundays examined what the soul is, where our thoughts, actions and words come from within us, and then restoring the soul in those "***dark night of the soul***" moments of suffering. The videos and devotional material of those are available if you missed them. We established that the centers of who we are, where our thoughts, words, and actions all originate from are affected by the health of our soul. If our soul is well cared for, then our hearts, minds, and bodies will function in a way that grows us as children of God.

III Sunday.

Sunday we had a guest speaker, Nelson Furtado, who is an associate pastor at a Methodist church in West Point. He brought such an interesting and helpful advice in helping us understand what an unsatisfied and an unbalanced soul is. And what specific things we can work into our ordinary, everyday, walking around life to feed the deepest needs of our soul.

So...let's start with just giving our soul some deeper thought.

Describe an 'unsatisfied soul'. What makes a soul feel 'unsatisfied'?

Describe an 'unbalanced soul'. Again, what makes a soul feel 'unbalanced'?

The scripture used was a very familiar one, and we hit not too long ago. It's the story of Zacchaeus found in **Luke 19:1-10**. So as we always do. Read this passage...and even though it's familiar try to slowly and methodically walk thru it, looking for it's flow and any little thing that may jump out at you.

What did you notice about this familiar story that spoke to you?

How did you see Zacchaeus' actions and what it may have said about the condition of his soul?

Where could Zacchaeus' soul been unsatisfied or unbalanced?

The life and situation Zacchaeus found himself in pointed to a soul that was unsatisfied and unbalanced. He wasn't doing the things a person needs to do to care for his soul in a healthy way, and it showed up in the hunger and passion he had to satisfy that deep craving in his soul for

something more meaningful and significant. It's realizing that cotton candy just doesn't do it when you're really hungry. Your body needs real nourishment.

What things do you look to for satisfaction that you know deep down just can't feed the soul the way you need?

There were signs given of what an unsatisfied, unbalanced, unhealthy soul look like.

- Difficulty in making decisions.
- Constantly feels vulnerable to people or circumstances.
- Lacks patience.
- Is easily thrown.
- Finds identity in externals.

Do you struggle with any of these? How so?

Nelson then went on to say there are things our soul needs.

- To be with God.
- Freedom.
- A keeper.
- Rest.

Do you have these in your life?

What practices or habits do you have that meet the above things our soul needs?

What have you found that particularly works well for you?

IV Challenge.

The care of our soul has to be an intentional act. You have to have the '*want to want to*'. And sometimes that's all we have. Caring for our soul was not something we were taught, grew up knowing about, and we have to grow our understanding, and a desire to actually do the work. So, give yourself some grace, allow yourself to accept we are all people in the making. Hopefully, we can all look back at our previous selves, realize that we were doing the best we can, where we were, with what we knew. And now that we have new knowledge, a deeper understanding, we can take this information and work it into our lives, and cultivate new habits and practices that can grow us into who we deep down want to be. A balanced and satisfied soul pursuing God.

So...a final charge.

What can you do, what can you add to your life, to help you grow in your understanding of who God is and what it means to have a more healthy soul?