

## Soul Care

What's going on with me?

“Let us search out and examine our ways, And turn back to the Lord;”  
Lamentations 3:40 NKJV

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”  
III John 1:2 NKJV

About 70% of US adults, experienced trauma at some point in their lives

The pain that we carry doesn't just hurt you, it spills over onto others.

The many faces of trauma:

1. Physical or sexual abuse
2. Neglect or abandonment
3. Serious accidents or medical trauma
4. Being subject of bullying or harassment
5. Encountering sudden loss of a loved one
6. Living through a high conflict, divorce or custody battle
7. Enduring betrayal by a trusted person or institution
8. Walking through bankruptcy
9. Experiencing or witnessing domestic violence
10. Experiencing natural disasters, like hurricanes or floods
11. Chronic poverty
12. Surviving war, terrorism
13. Incarceration
14. Repeated exposure through caregiving, first responder roles, or military service

Three factors of trauma

1. Duration: how long does it last?
2. Frequency: how often do crises occur?
3. Intensity: how distressing was the crisis?

Traumatic experiences collide with leadership responsibilities, the weight becomes exponentially, more difficult even to the point of being unbearable

In many cases, we are not responsible for that which has happened to us. We are responsible, however, to embrace solutions in healing when they are offered.

...“For I am the Lord who heals you.”  
Exodus 15:26b NKJVe

The key to soul care is leading your soul

Soul leadership begins with an awareness of the health of your mind, your thoughts, Will, and emotions. So leadership contains the stewardship of your inner landscape – the state of wholeness or fragmentation that determines how you navigate your internal world.

Healthy soul leadership creates the conditions for effective self leadership. And effective self leadership helps you to lead others.

“Bless the Lord, O my soul; And all that is within me, bless His holy name! Bless the Lord, O my soul, And forget not all His benefits: Who forgives all your iniquities, Who heals all your diseases, Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, Who satisfies your mouth with good things, So that your youth is renewed like the eagle’s.”  
Psalms 103:1-5 NKJV