

REVIEW: God's Will for us to walk in wholeness of soul:

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

Good Soul Care begins with an awareness of the health of your mind, your thoughts, will, and emotions. The state of wholeness or fragmentation that determines how you navigate your internal world.

First step to healing: acknowledging that we have been wounded

2nd step: do what we can to put ourselves on the path of healing. **Lead our souls to health.**

Traumas that go unattended, fester and infect others. Hurt people, hurt people.

Healthy soul leadership creates the conditions for SOUL HEALTH (or prosperity).

Above all else, guard your heart, for everything you do flows from it."- Proverbs 4:23 NIV

*So above all, guard the affections of your heart, for they affect all that you are. **Pay attention to the welfare of your innermost being**, for from there flows the wellspring of life."- Proverbs 4:23 TPT*

Prioritize stewarding the health and well-being of your inner self, your mind and emotions. Take great care and be watchful over the health of your heart, because it is the source of everything that flows out of you and it affects the people and world around you. - LLV (Laurie's Living Version)

Ways to Steward our Heart Health:

1. **Learn healthy boundaries:** What you allow You do not have to allow:
 - a. Abuse
 - b. Manipulation
 - c. Constant gaslighting
 - d. **(DISCLAIMER: When learning to establish healthy boundaries, be careful not to over-correct.)**
2. **A wise soul-steward is open but careful when welcoming people into his or her inner circle.** Unresolved trauma causes us to shut people out without cause, or to open ourselves up unwisely.
 - a. *Walk with the wise and become wise; associate with fools and **get in trouble.***- Proverbs 13:20 NLT
3. The WORDS we speak
 - a. "Sticks and stones may break my bones, but words will never harm me"

- b. *"They sharpen their tongues like swords and aim cruel words like deadly arrows."*- Psalms 64:3 NIV
- c. Self talk: the most damaging words of all are the ones that we speak to ourselves.
 - i. SPEAK GOD'S WORD OVER YOU!
- 4. Holistically Healthy Habits
 - a. Spirit, Soul and Body: healthy habits across the board, because all the parts of you are connected!
 - i. Tend to your spirit
 - 1. God's word heals: *"My son, do not forget my teaching, but **keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity.**"*- Proverbs 3:1-2 NIV
 - 2. *"I will walk in freedom, for I have devoted myself to your commandments."*- Psalms 119:45 NLT
 - ii. Tend to your soul by being intentional:
 - 1. a Self-motivated learner
 - 2. Pursue healthy, happy relationships. We need each other!
 - a. *"Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."*- Ecclesiastes 4:12 NIV
 - b. *"Sweet friendships refresh the soul and awaken our hearts with joy, for good friends are like the anointing oil that yields the fragrant incense of God's presence."*- Proverbs 27:9 TPT