

Soul Care: Tools for a healthy soul

Further Tools to Build Resilience

**“And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love.”**

**Romans 8:38 NLT**

1. Relationships

**“Then the Lord God said, “It is not good for the man to be alone...”**

**Genesis 2:18 NLT**

**“A man who isolates himself seeks his own desire; He rages against all wise judgment.”**

**Proverbs 18:1 NKJV**

Some burdens are too heavy to carry alone

We are hardwired for connection and without it, we will not survive

2. Emotional Recharging

a. Start with gratitude

**“He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, “This is my body, which is given for you. Do this in remembrance of me.”**

**Luke 22:19 NLT**

**Gratitude is a time tested buffer against the impacts of trauma, stress and adversity- Steve Robinson**

b. Sabbath

**“On the seventh day God had finished his work of creation, so he rested from all his work.”**

**Genesis 2:2 NLT**

**“Remember to observe the Sabbath day by keeping it holy.”**

**Exodus 20:8 NLT**

**“Beyond the religious to do, it’s a powerful emotional recharging station built into the rhythm of creation itself.”- Steve Robinson**

**“God is not a workaholic.”- Walter Brueggeman**

**“Biblical Sabbath is a 24 hour block of time, in which we stop work, enjoy rest, practice the light, and contemplate God.” -Peter Scazzero**

Sabbath is a reset button for your soul – it recenters you around what matters most: God, family, relationships, and renewal.

c. Silence and Solitude

**“Be still, and know that I am God!...”**

**Psalms 46:10 NLT**

**“This is what the Sovereign Lord, the Holy One of Israel, says: “Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it.”**

**Isaiah 30:15 NLT**

**“The present state of the world and the whole of life is diseased. If I were a doctor and were asked for my advice, I would reply: create silence! Bring men to silence. The word of God cannot be heard in the noisy world of today.” Soren Kierkegaard.(200 years ago)**

### 3. The Shalom Factor

The Hebrew word for peace is shalom, which means complete well-being, or wholeness. It is not just the absence of conflicts. It carries the rich meaning of everything being exactly as it should be: body, mind and spirit – all healthy and working together.

#### a. The Cross

**“Therefore, since we have been made right in God’s sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.”**

**Romans 5:1 NLT**

**“Surely He has borne our griefs And carried our sorrows...”**

**Isaiah 53:4 NKJV**

#### b. The Holy Spirit and Worship

**“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.”**

**II Corinthians 3:18 NKJV**