

Life Group STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP.
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER SUNDAY MESSAGE REVIEW

NOTE to the Life Group Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

Healthy Soul "4 Keys to a Healthy Soul"

Question: Where do you stand on the Soul Care Ladder?

The 4 Keys to Healthy Soul:

1. **The First Key to Healthy Soul - Right Thinking:** What do you think about Healthy Soul?

"For as he thinks within himself, so he is."

Proverbs 23:7 (NASB)

"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect."

Romans 12:2 (NLT)

The problem with many Christians is that our tolerance level is way too high!

But, it starts with right THINKING!

2. **The Second Key to Healthy Soul - Soul Food:** What are you feeding your soul?

"When I discovered your words, I devoured them. They are my joy and my heart's delight, for I bear your name, O Lord God of Heaven's Armies." Jeremiah 15:16 (NLT)

Don't think for a moment what you feed your soul, or what you don't feed your soul, doesn't matter!

We need to feed our souls regularly, and we need to feed our souls the right kinds of things! That's what I'm talking about when I say "Soul Food!"

3. **The Third Key to Healthy Soul - Exercise:** Are you putting your faith into action?

"The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied."

Proverbs 13:4 (ESV)

"The sluggard buries his hand in the dish and will not even bring it back to his mouth."

Proverbs 19:24 (ESV)

4. **The Fourth Key - Rest:** Are you giving your soul time to enjoy the rest of God?

“On the seventh day God had finished his work of creation, so he rested from all his work. 3And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.” Genesis 2:2-3 (NLT)

“The Sabbath was made to meet the needs of the people, and not people to meet the requirements of the Sabbath.” Mark 2:27 (NLT)

Conclusion

The 4 Keys to Healthy Soul:

1. Right Thinking
2. Soul Food
3. Exercise
4. Rest