

## READING, LEADING, AND FEEDING YOUR SOUL

### LEADING YOUR SOUL

**3 John 2 (NKJV)** Beloved, I pray that you may prosper **in all things** and be in health, **just as your soul prospers.**

**AS YOUR SOUL GOES, SO GOES YOUR LIFE.**

**YOUR SOUL NEEDS THREE THINGS: IT NEEDS TO BE READ, LED, AND FED.**

#### 1. READING YOUR SOUL

**READING YOUR SOUL IS THE INTENTIONAL PRACTICE OF PAYING ATTENTION TO WHAT'S GOING ON IN YOUR SOUL—IN YOUR MIND, WILL, AND EMOTIONS. IT'S ABOUT BEING SELF-AWARE.**

**Psalm 42:5 (NIV)** Why, my soul, are you downcast? Why am I so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

#### **WHY READING YOUR SOUL MATTERS:**

- 1) Reading your soul reveals what's going on inside you and driving you in the moment.
- 2) Reading your soul keeps you from going down the wrong path.
- 3) Reading your soul helps you respond rather than react to life's challenges.
- 4) Reading your soul enables you to keep your thoughts, feelings, and emotions in check.
- 5) Reading your soul enables you to guard your heart from thoughts, attitudes, feelings, and desires that will undermine your success in life and keep you from living the abundant life.

#### 2. LEADING YOUR SOUL

**Psalm 42:5 (NIV)** Why, my soul, are you downcast? Why am I so disturbed within me? **Put your hope in God**, for I will yet praise him, my Savior and my God.

**LEADING YOUR SOUL MEANS TAKING RESPONSIBILITY FOR YOUR SOUL—YOUR THOUGHTS, BELIEFS, MINDSETS, ATTITUDES, EMOTIONS, AND DESIRES—AND ULTIMATELY FOR THE DIRECTION OF YOUR LIFE, RATHER THAN ALLOWING EXTERNAL FORCES OR UNEXAMINED IMPULSES TO DICTATE THEM.**

### **WHY LEADING YOUR SOUL MATTERS:**

- 1) Without leadership, the soul can drift.
- 2) The soul can be self-led rather than Spirit-led.
- 3) God's will requires a soul that is consistently led.
- 4) Leading your soul builds strength and resilience.
- 5) Leading your soul is a mark of spiritual maturity.

**Psalm 131:2 (ESV)** But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.

### **HOW DID DAVID LEAD HIS SOUL? THROUGH SELF-TALK.**

“Why, my soul, are you downcast? And why are you so disturbed within me? Put your hope in God.”

**Psalm 103:1–5 (NKJV)** <sup>1</sup> Bless the LORD, O my soul; and all that is within me, bless His holy name! <sup>2</sup> Bless the LORD, O my soul, and forget not all His benefits: <sup>3</sup> Who forgives all your iniquities, Who heals all your diseases, <sup>4</sup> Who redeems your life from destruction, Who crowns you with lovingkindness and tender mercies, <sup>5</sup> Who satisfies your mouth with good things, so that your youth is renewed like the eagle's.

### **How do we apply this principle of talking to ourselves?**

- **Honest assessment** – Biblical self-talk is about making an honest assessment of our present situation and our feelings in the midst of it. It involves assessment leading to an attitude adjustment, not deeper anguish.
- **Hopeful focus** – David intentionally turned the focus of his downcast soul towards the works and character of God.

- **Heartfelt resolve** – Biblical self-talk reflects a resolve to stay on task with choices of gratitude, worship, trust, and determination.
- **Keep Talking** – We need to keep talking to ourselves, always keeping our self-talk biblical, clear, Christ-honoring, and resolute.