

READING, LEADING, AND FEEDING YOUR SOUL. HOW YOUR SOUL INFLUENCES YOUR LIFE

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

THE GREATEST INFLUENCE ON YOUR LIFE IS THE CONDITION OF YOUR SOUL.

UNDERSTANDING THE SOUL—WHAT IT IS

1. YOU ARE A TRIUNE BEING. YOU ARE A SPIRIT, YOU HAVE SOUL, AND YOU LIVE IN A BODY.

1 Thessalonians 5:23 (ESV) Now may the God of peace himself sanctify you completely and may your whole **spirit and soul and body** be kept blameless at the coming of our Lord Jesus Christ.

- Your body is the temporary home of your spirit and soul.
- Your spirit is the real you.
- Your soul is your mind, your will, and your emotions.

2. YOUR MIND IS THE PART OF YOUR SOUL WHERE YOU FORM AND HOLD YOUR BELIEFS.

Forming your beliefs on the truths of God's Word and walking in truth produces a healthy soul and leads to total freedom in our lives.

3 John 3–4 (ESV) ³For I rejoiced greatly when the brothers came and testified to your truth, as indeed you are walking in the truth. ⁴I have no greater joy than to hear that my children are walking in the truth.

John 8:31–32 (NKJV) ³¹Then Jesus said to those Jews who believed Him, “If you abide in My word, you are My disciples indeed. ³²And you shall know the truth, and the truth shall make you free.”

3. YOUR WILL IS THE PART OF YOUR SOUL THAT DETERMINES YOUR CAPACITY TO MAKE DECISIONS IN ALIGNMENT WITH WHAT YOU WANT MOST.

Philippians 2:12–13 (NIV) ¹²Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence

—continue to work out your salvation with fear and trembling, ¹³ for it is God who works in you to will and to act in order to fulfill his good purpose.

The healthier your soul becomes, the more your will aligns with God's will, and the stronger your will becomes.

4. YOUR EMOTIONS ARE THE PART OF YOUR SOUL THAT DETERMINES HOW YOU THINK, FEEL, AND RESPOND TO PEOPLE, EVENTS, AND SITUATIONS IN THE MOMENT.

Your emotions influence how you think, feel, and respond in the moment. If your soul is unhealthy, your emotions will cause you to respond incorrectly in the moment.

Ephesians 4:26–27 (NLT) ²⁶ And “don't sin by letting anger control you.” Don't let the sun go down while you are still angry, ²⁷ for anger gives a foothold to the devil.

THREE THINGS YOU NEED TO KNOW ABOUT YOUR SOUL

1. YOUR SOUL IS THE CONTROL CENTER OF YOUR LIFE.

So many of our struggles in life are the result of our soul being unhealthy and messed up.

Matthew 15:19–20 (NLT) ¹⁹ For from the heart come evil thoughts, murder, adultery, all sexual immorality, theft, lying, and slander. ²⁰ **These are what defile you.** Eating with unwashed hands will never defile you.”

Matthew 12:33–35 (NLT) ³³ “A tree is identified by its fruit. If a tree is good, its fruit will be good. If a tree is bad, its fruit will be bad. ³⁴ You brood of snakes! How could evil men like you speak what is good and right? For whatever is in your heart determines what you say. ³⁵ A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart.”

2. YOUR SOUL HAS THE GREATEST INFLUENCE ON WHO YOU ARE AND THE LIFE YOU LIVE.

3. YOUR SOUL NEEDS TO BE SAVED.

James 1:21 (ESV) Therefore put away all filthiness and rampant wickedness and **receive with meekness the implanted word, which is able to save your souls.**

Romans 12:2 (NKJV) And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.

Romans 8:6 (NKJV) For to be carnally minded is death, but to be spiritually minded is life and peace.