

## READING, LEADING, AND FEEDING YOUR SOUL

### READING 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.

#### REVIEW:

1. THE GREATEST INFLUENCE ON YOUR LIFE IS THE CONDITION OF YOUR SOUL.
2. YOUR SOUL IS YOUR MIND, WILL, AND EMOTIONS.
3. A PROSPEROUS SOUL IS A SOUL THAT IS BEING 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 8:6–7 (NKJV)** <sup>6</sup>For to be carnally (fleshly, earthly) minded is death, but to be spiritually minded is life and peace. <sup>7</sup>Because **the carnal mind is enmity** (hostile to, enemy of) **against God**; for it is not subject to (doesn't obey) the law of God, nor indeed can be.

#### HOW IS MY SOUL SAVED?

- **My soul is saved as I humbly receive God's Word and allow it to become part of me.**

**James 1:21 (ESV)** ...receive with meekness the implanted word, which is able to save your souls.

- **My soul is saved as I renew my mind with God's Word.**

**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.

### READING YOUR SOUL

1. 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 so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

**Acts 20:28 (NIV)** Keep watch over yourselves...

## 2. 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 prevents emotional buildup.**
- 4) **Reading your soul enables you to keep your thoughts, feelings, and emotions in check and focused on God, His presence, and His promises.**

**Psalm 46:10 (NLT)** “Be still and know that I am God!”

- 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.**

### YOU ARE THE KEEPER OF YOUR SOUL.

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

### YOUR SOUL IS LIKE VELCRO TO NEGATIVITY AND TEFLON TO POSITIVITY.

**IF YOU THINK YOU CAN HOLD THINGS IN AND NOT HAVE THEM IMPACT YOUR LIFE, YOU'RE FOOLING YOURSELF.**

**The Bible tells us again and again to “remember” certain things and to “forget” other things.**

**Philippians 3:13 (NIV)** Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: **Forgetting what is behind and straining toward what is ahead.**

**Philippians 4:8 (NIV)** Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.**