

READING, LEADING, AND FEEDING YOUR SOUL

FEEDING 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 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.

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.

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) ¹ Bless the LORD, O my soul; and all that is within me, bless His holy name! ² Bless the LORD, O my soul, and forget not all His benefits: ³ Who forgives all your iniquities, Who heals all your diseases, ⁴ Who redeems your life from destruction, Who crowns you with lovingkindness and tender

mercies, ⁵ Who satisfies your mouth with good *things*, so *that* your youth is renewed like the eagle's.

Matthew 9:21 (NKJV) For **she said to herself**, "If only I may touch his garment, I shall be made well."

3. FEEDING YOUR SOUL

A. YOUR SOUL (MIND, WILL, AND EMOTIONS) REQUIRES DAILY NOURISHMENT JUST LIKE YOUR BODY.

1) God's Word is Soul Food.

Matthew 4:4 (NIV) Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Psalms 19:7 (NKJV) *The law of the Lord is perfect, reviving the soul.*

1 Peter 2:2–3 (NLT) ²Like newborn babies, you must crave pure spiritual milk so that you will grow into a full experience of salvation. Cry out for this nourishment, ³now that you have had a taste of the Lord's kindness.

2) Your soul is constantly being fed by something—the ideas and reasonings of men, the culture of the day, media, or God's truth.

B. WHAT HAPPENS WHEN YOU FEED ON GOD'S WORD?

Psalms 1:1–3 (NIV) ¹Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, ²but whose delight is in the law of the LORD, and who meditates on his law day and night. ³That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.

WARNING SIGNS OF A STARVING SOUL

- You're emotionally reactive and spiritually dry.
- You lose perspective easily.
- You lack peace and joy.

- You feel stuck and unmotivated spiritually.

C. HOW TO FEED ON GOD'S WORD DAILY

Joshua 1:8 (ESV) This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

- **Read it** – Set aside daily time in Scripture.
- **Reflect on it** – Ask, “What is God saying to me?”
- **Write it down** – Keep a journal of what you're learning.
- **Speak it** – Declare God's Word over your life and situations.
- **Live it** – Apply it to your decisions and relationships.

Tip: Start with one verse a day and build from there.

Add this prayer to App Notes:

Prayer Declaration:

Father, thank You for creating me in Your image and for placing Your Spirit within me. Thank You for the gift of my soul—my mind, my will, and my emotions.

Today, I recognize that my soul needs direction. My soul doesn't always think right, feel right, or want what is right. But I will not be led by my old ways of thinking, by my emotions, or by my own desires. I will be led by Your Spirit and Your truth.

So right now, I speak to my soul: Soul, pay attention. Soul, align with God. Soul, get your hope up. Soul, stay the course.

I declare:

- I will read my soul with honesty and humility.
- I will lead my soul with truth and conviction.
- I will feed my soul with God's Word and life-giving thoughts.

I will not follow the world—I will follow Christ.
I will not be ruled by fear—I will walk by faith.
I will not be swayed by lies—I will be anchored in truth.

In times of trouble, I will say: “The Lord is my shepherd. He restores my soul. He leads me in paths of righteousness. Let all that is within me bless His holy name.”

Let my thoughts be focused, my emotions be stable, my desires be purified, and my life reflect Jesus.

I will lead my soul, and by God's grace, my soul will prosper.

In Jesus' name, Amen.