

Main Street Church - Life Group Guide

Series: Living Proof - How Real Faith Shows Up In Real Life. 1-2-3 John.

Message 15: How Is Your Soul? - [3 John 1-15](#)

Speaker: Matt Tracy

Date: August 16, 2026



Connect (25min)

>> Break into groups of 3-4 people to enhance this time

- **[Watch]** The Story Behind the Song – [It Is Well With My Soul](#). (3min)
- On a scale of 1–10 (poor to excellent) how would you rate the health of your soul this week? — not your schedule, not your circumstances, just your soul ...
- Have you ever experienced a season where your outward life looked fine but your inner life (your soul) was struggling? What was that like?
- Have you ever experienced a season where your outward life looked terrible but your inner life (your soul) was strong? What was that like?
- **Read [John 16:33](#)** and respond with prayer.
"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." - Jesus.

Message Discussion (50min)

- **Read Sunday's Scripture:** [3 John 1-15](#)
- **BIG IDEA:** *The greatest measure of your life is not how well things are going around you, but how healthy your soul is within you.*
- **Key Verse:** [3 John 2](#)
"I hope all is well with you and that you are as healthy in body as you are strong in spirit."

1. Reflecting on 3 John

- Why do you think John ties physical health to spiritual health in this greeting? How have you seen a connection between the two in your own life?
- John says his greatest joy is hearing that his spiritual children are "following the truth" (v. 4).
> Who has been a "John" in your life — someone who has genuinely rejoiced over your spiritual growth? Share and describe their impact on you.
> Is there someone in your life that you encourage in the faith and rejoice over? Share.

2. A Healthy Soul Walks in Truth (v. 3-4)

- What does it practically look like to "walk in truth" day to day, not just believe it intellectually?
- Is there an area of your life right now where your actions aren't lining up with what you say you believe? What would it look like to close that gap this week?

3. A Healthy Soul Loves People Well (v. 5)

- Gaius cared for total strangers — traveling teachers he'd never met.
Who is God putting in front of you right now that's easy to overlook or inconvenient to love?
- Jesus said people will know we're His followers by our love (John 13:35).
Would the people around you say your life backs that up?

4. A Healthy Soul Contributes More Than It Consumes (v. 6-8)

- In what ways are you currently more of a consumer than a contributor — in your group, your church, your relationships?
- What's one practical way you could shift from consuming to contributing this month?

5. Application & Prayer

- Matt's message mentioned that a healthy soul shows up even in painful circumstances (like the story behind "*It Is Well With My Soul*").
What helps you keep worshiping when life is hard?
- What's one habit (prayer, community, rest, feeding on God's word) you sense God inviting you to build into your life to strengthen your soul?
- Read [Romans 12:12-15](#) and Pray for one another.
Spend a few minutes praying for one another's souls specifically — not just circumstances, but the actual health of each person's relationship and walk with Jesus.

Additional Resources

- Read or Listen to the [Book of Job](#) in the Old Testament. (1hr 45min)
- Worship Songs:
[It Is Well by The Worship Initiative](#)
[Blessed Be Your Name by Matt Redman](#)
[When The Tears Fall by Tim Hughes](#)
- Books:
[Soul Care: 7 Transformational Principles for a Healthy Soul, Dr. Rob Reimer](#)
[God In My Everything, Dr. Ken Shigematsu](#)