

Get Your Life Back

WEEK 2: SOUL CARE

BIG IDEA:

Your soul is the combination of your mind (thoughts), your will (desires), your heart (passions), and your emotions. Many of us are searching for the right things in all the wrong places. When it comes to our souls, we have to be willing to put the right things in and get the wrong things out.

KEY VERSE:

Matt. 16:26 What do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?

DISCUSSION QUESTIONS:

1. How often do you think about the condition of your soul?
2. How often do you care for the condition of your soul?

Key Point #1: Is anything more valuable than your soul?

3. If you believe your soul has worth, then what is it worth to you? What are you willing to do about the condition of your soul?
4. What is the clutter in your life?

Key Point #2: Learn to rest.

5. What does it mean for you to rest?

Key Point #3: Learn to be still.

6. How much time do you spend with the Lord? Is it enough for your soul?

Key Point #4: Learn to wait.

7. How do you create empty space in your heart and mind to listen the voice of the Lord? Is that difficult for you? Why? What could you do to make that something that is part of your daily routine?
8. How much of God do you want in your life? How much of your life are you willing to give him?

MOVING FORWARD:

In order to fill your life with the right things, you have to detangle your life from the idle things; the meaningless things. You have to get fed up enough to actually do something about it. Your soul is too valuable. You are responsible for it's care. Discuss as a group what are you willing to do about the condition of your soul this week?