

# Soul Care

1

# What is Soul?

2

*"Deep calls to deep at the sound of your waterfalls; all your waves and your billows have gone over me" (Psalm 42:7)*

3

# Soul

That part of the self that experiences a part of God

4

## Soul Care

Nurturing this inner process so that we are in tune with the movements of God in our lives and the lives of the people with whom we work.

5

*"But now, more than ever the word about Jesus spread abroad; many crowds would gather to hear him and to be cured of their diseases. But he would withdraw to deserted places to pray" (Luke 5:16).*

6

## Care-Less Soul

- Dark Moods
  - Judgmental attitudes
  - Anxious, fearful thoughts
  - Critical, complaining spirit
  - Angry, mean

7

## Care-Less Soul

- Family Dysfunction
  - Rebellious children
  - Unhappy marriages
  - Abuse: sexual, physical, emotional, verbal

8

## Care-Less Soul

- Dogmatic, rigid attitude

9

- "Anyone who claims to know anything does not yet have the **necessary knowledge**. . . . Now we see through a glass dimly. . . . Now we know in part" (1 Cor. 8:2, 13:12).

10

## Care-Less Soul

- Burn out
  - Lose of vision
  - Lose of energy
  - Lose of personal confidence

11

## Care-Less Soul

- Inflated Sense of Self
 

*"For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to **think with sober judgment**, each according to the measure of faith that God has assigned" (Romans 12:3).*

12

## Care-Less Soul

- Health Issues:  
Direct correlation between body,  
mind, spirit

13

## Cared-For Soul

- An Experience of Transcendence

14

## Cared-For Soul

- Purpose and meaning for living

15

## Cared-For Soul

- Love for self and others

16

## Cared-For Soul

- A commitment to life-long learning

17

## Cared-For Soul

- An openness to mystery

18

## Cared-For Soul

- An effective embrace of the struggle of living

19

## Spiritual Disciplines

- Daily Quiet Time
  - Bible Reading
  - Prayer

20

## Spiritual Disciplines

- Spiritual Reading—Lexio Divina

Reading as a form of prayer.

21

## Journaling

22

## Minfulness

The ability to be present in the moment

23

## S.T.O.P.

24

# S

- STOP what you are doing

25

# T

- Take a deep breath

26

# O

- Observe your
  - Thoughts
  - Emotions
  - Sensations

27

# P

- Proceed to what you were doing

28

## Spiritual Disciplines

### ■ Service

29

## Spiritual Disciplines

### ■ Corporate Worship

*"Do not neglect the assembling of yourselves together, as is the habit of some" (Hebrews 10:25)*

30

## Spiritual Disciplines

### ■ Physical Exercise

*"Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own" (1Cor. 6:19)*

31