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1

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

That part of the self that experiences a part of God

3

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.

"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).

5

Care-Less Soul

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

Care-Less Soul

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

7

Care-Less Soul

■ Dogmatic, rigid attitude

■ "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

9

Care-Less Soul

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

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).

11 12



Cared-For Soul

■ An Experience of Transcendance

13 14







Cared-For Soul

■ An openness to mystery

17 18

Cared-For Soul

■ An effective embrace of the struggle of living

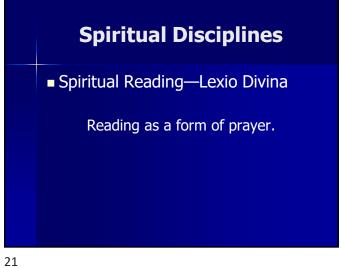
Spiritual Disciplines

■ Daily Quiet Time

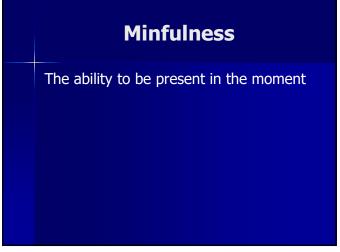
—Bible Reading

—Prayer

19 20

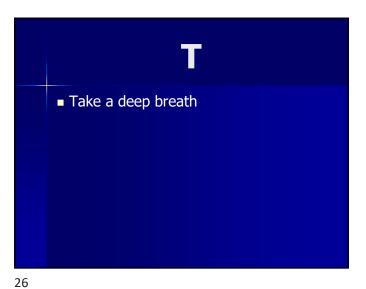










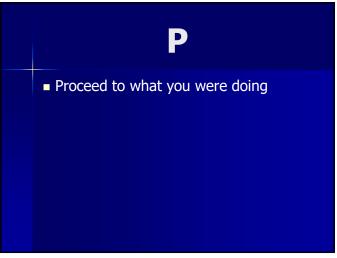


■ Observe your

- Thoughts

- Emotions

- Sensations



27 28



■Corporate Worship

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

29 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)