

## Soulfull

*Is it well with your soul? For so many of us the honest answer would be “no.” We have accepted as normal a way of doing life that is toxic to our inner world. But Jesus is offering a way to live that promises rest for our souls. We can redefine normal. We can take his yoke. We can be soulfull!*

**Week 1: Get Well!**

1. Rick began by saying that “*So many believers exhibit signs that their souls are tired, anxious, joyless.*” How have you seen or experienced this to be true recently?
2. **IS IT WELL WITH MY SOUL?** What are some ways our culture has normalized a way of life that is toxic to our souls? How has this impacted your relationship with God and others? Follow up: **Read Matthew 11:28-30.** What is Jesus really offering us? Explain.
3. **IS MY SOUL UNDERNOURISHED?** Rick pointed out that much of the damage we are doing to our souls is self-inflicted. How has this been true in your life? Follow up: Can your current “diet” sustain a healthy soul? What is one thing you need to change?
4. **IS MY SOUL OVERANXIOUS?** Share 1 thing you are anxious about. How do you normally deal with that anxiety? Follow up: Respond to Rick’s question: *Could it be that behind so much of our soul-weariness is the admission that we have functionally stopped coming to Jesus?* How can regularly being with Jesus provide soul rest?
5. **AM I WILLING TO DO WHAT IT TAKES TO CARE FOR MY SOUL?** *You cannot have the life of Jesus without the lifestyle of Jesus.* **Read Mark 4:38, Mark 1:35, Luke 5:16, and Luke 4:16.** What can we learn from Jesus about taking time away from the demands of life? How did his practices of sleep, silence, and Sabbath nourish his soul? Follow up: What is the difference between the quick fix solutions we sometimes turn to and what Jesus is calling us to do? Why is adopting the *lifestyle of Jesus* crucial?
6. **WHAT HAVE I REALLY WON IF I LOST MY SOUL IN THE PROCESS?** *The most important thing is not what you do; it’s who you become.* **Read Matthew 16:26.** How has “success” prevented you from caring for your soul? What is 1 thing you will change?
7. **Read Psalm 23:1-3.** What would a restored soul look like for you? Practice: this week resist the urge to pull out your phone and aim to be fully present wherever you are (see what you can learn from Jesus and/or how you can love others well in those moments).

