

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 4: Get Full!

1. Rick concluded with thoughts about **how we can intentionally pursue remaining Soulfull**. Talk about how you have already connected with God? How has it helped your group? Your family and neighbors? Your ability to hold up under the stresses of life? **Read Matthew 11:29**. Share how you are feeling more spiritually healthy. **Read 3 John 2** – Let’s consider below the ways Rick encouraged us to continue to be healthy and Soulfull.
2. **By Filling Our Eyes and Ears with Beauty**. **Read Psalm 103:22**. All of creation directs our souls to God. **Read Psalm 23:2-3**. God took David out into a creation perfectly designed to refresh his soul. Discuss some ways you can remain intentional about this (ex. Watching sunsets, riding bikes, etc.). Share some things in the beauty of creation that stirs your soul? Tell how you will add this to your regular routine.
3. **By Filling Our Lips with Thanksgiving and Praise**. **Read Psalm 103:1; Psalm 146:1-2; 1 Thessalonians 5:16-18**. Rick noted that we take care of our soul by taking time to praise God in our problems, even if we can’t praise God for our problems. Discuss what that means to you. How can praise and thanksgiving create in us a sense of “it is well with my soul?” On the other hand, how can a heart of entitlement cause our praise and thanksgiving for God to go silent? What will help you thank and praise God just because He is worthy of it?
4. **By Filling Our Mind with Truth**. Rick said, “Everyone with an unhealthy soul has believed some lie.” That is, a soul that is full of falsehoods, is weary and empty. The cure? Spend time in God’s Holy Word. Hear truth! **Read Psalm 19:7; Psalm 119:28**. Share how you can speak truth to your soul and allow others to speak truth to your soul.
5. **By Filling Your Heart with the Gospel**. Our souls need a healthy repetition of what God has done for us. **See Romans 8:31-32** – “God is for us.” **Isaiah 61:10** – He has clothed us with salvation and righteousness. **Hebrews 6:19** – We have an anchor that keeps our soul. What are some tangible ways you can preach the gospel to yourself?
6. **Your soul is the most important thing God has asked you to steward**. Say a committal prayer together that you will take care of your soul.

