



Revive My Soul

And what do you benefit if you gain the whole world but lose your own soul?
Is anything worth more than your soul?

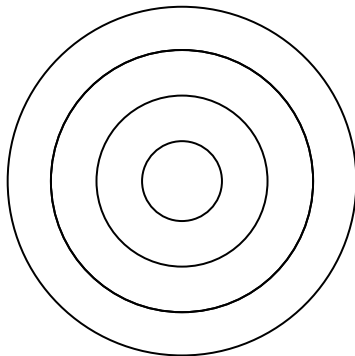
Mark 8:36-37 (NLT)

- You are not just a _____, you are a _____.

One day the Eternal God scooped dirt out of the ground, sculpted it into the shape we call human, breathed the breath that gives life into the nostrils of the human, and the human became a living soul.

Genesis 2:7 (Voice)

- Our soul is the _____ of our life.



NLT (New Living Translation)

VOICE (The Voice Translation)

- Our souls need _____, but sin always causes _____ of the soul.

A Parable of the Soul – Matthew 13:1-23

- The _____ Soul
- The _____ Soul
- The _____ Soul
- The _____ Soul

So God has given us two unchanging things: His promise and His oath. These prove that it is impossible for God to lie. As a result, we who come to God for refuge might be encouraged to seize that hope that is set before us. That hope is real and true, an anchor to steady our restless souls...

Hebrews 6:18-19 (Voice)

Recommended Resource List

- *Soul Keeping*, by John Ortberg
- *Renovation of the Heart*, by Dallas Willard
- *Discovering Soul Care*, by Mindy Caliguire



Restart Week Two

Open Prayer

Lord, thank you for being with us and for bringing us together. Help us to be aware of you, and to grow in awareness and understanding of our souls.

Talk It Over

This week's talk focused on the definition, importance, and care of our souls.

- Looking back at your life and prior teachings, what did you know or think about your soul? Where did your previous understanding of a soul come from — e.g. religious teachings, culture, movies, experiences, funerals?

Read Mark 8:36-37 (New Living Translation) and Genesis 2:7 (Voice)

Jesus says our soul is the most precious, fragile, and important part of us. Our souls are made by God, and in the image of God. Our soul is not just something that lives on after our bodies die, it encompasses all of our life now and tries to bring our entire personhood —will, mind, body and soul — together. Our soul aims to integrate all that we are so we can live holistic lives and connect us to our true selves, others, and God. (*Note: The word heart and spirit are often used in the place of soul.*)

- Being focused on yourself is different than being focused on your soul. How would you describe the difference between being focused on yourself and being aware of your soul?
- Have you ever been aware of a gap or discrepancy between your will, mind, body and your soul? This may have been something you intentionally did or an automatic response. Share about that experience.
- Do you have an experience of a time when you were deeply aware of your soul? This could be a negative or positive experience.

Quickly Look Over Matthew 13:1-23

Through various scenarios and normal human responses, our souls can become disintegrated and closed off from the rest of our personhood. In turn, we can live our lives missing out on God, others, and even our truest selves. This process of building distance and habits that choke out our souls can happen consciously and unconsciously.

- In what ways have you missed out on God, others, or your own voice because you didn't honor your soul and live with harmony between your will, mind, body and soul?
- In what ways do you regularly close your soul off to God, others or your truest self?

Read Psalm 23:3 (English Standard Version) and Hebrews 6:18-19 (Voice)

No matter your current reality or reasons for disintegration, the Bible tells us souls can be healed. God is in the business of helping our souls find health. The process of restoration is generally not a one-time miracle, but a constant commitment to slow down and draw near to God with open honesty. It's in the context of a transparent relationship with God, that our souls are heard and loved best.

Take a couple minutes in your group to silently invite God to speak into today's conversation about your soul. Is there anything he wants to tell you? Anything he wants you to be aware of? Is there anything you want to share with him? Check in and be honest with God about the health of your soul in this moment and season of life.

If you are comfortable, share about your silent time. Did anything come up in you?

Closing Prayer

God, help us to grow in our ability to honor and integrate our souls in our lives. We want a healthy soul for the sake of connection with you, others and ourselves.