

Soul Care in Self Isolation – The Soul and the Self

*“If your soul is healthy, no external circumstance can destroy your life.”
Dallas Willard*

“Living from a healthy soul means you remain alive to God, alive to yourself and alive to others, smack in the middle of the ups and downs of life.” Mindy Caliguire

What is the Soul?

“The soul is a merging of our body, mind and will.” Christa Hesselink

Symptoms of Soul Neglect

Symptoms of Soul Health

Soul Care Vs Self Care

Mark 8:36

The Fertile Soil of the Soul

Matthew 13:1-9 & 18-23

Take Aways:

- 1) **Working and Waiting**
Isaiah 30:15
- 2) **Take time to reflect on the health of your soul this week.**
Seeing symptoms health or neglect? After reflecting how do you feel about your assessment? Desirable? Resist it? Hopeless? Hopeful?

Got Questions? Text 519-893-2951 or email shayne@pathwaycc.ca

- 1) Do a check in with everyone in your group. How is everyone doing? What are some good things and difficult things happening right now? Try and have everyone share.
- 2) What was something that stood out to you in the message this week? What was something you learned? Was there anything you had a hard time with? Did God stir anything inside you this week?
- 3) Share some things that are symptoms of soul neglect for you and share some of the things that are symptoms of soul health. After taking time to reflect would you say you are in a season of soul health or soul neglect? Why?
- 4) What would you say is one of your main barriers to intimacy with God? Is that barrier similar to ones you face in other relationships? Why or why not?
- 5) Pray together before you read the scripture and ask God to speak to you. Read Psalm 42:1-11 a couple times.
 - a) What stands out to you in the passage you read?
 - b) What is the most challenging part of this passage for you?
 - c) Was there something that you didn't understand or do you have any questions about this passage?
 - d) Re-read verse 1-2. Here David describes his longing for God as a deer longing for water. Would you describe your relationship this way? Why or why not?
 - e) How can we cultivate this kind of longing?
 - f) David throughout this Psalm talks of some difficult circumstances. What do you notice about his response? What can we learn from his response?
- 6) When it comes to working and waiting which part is harder for you working on surrender and continuing to do that or waiting on God and spending time resting in his love and presence? Why?
- 7) Spend some time praying for one another. Pray also for our church, our world leaders and for our frontline workers.