



### day 1: READ matthew 16:24-27

The ancient Celts used to ask of one another as a greeting, “How is your soul?” How would you describe *your* soul...really? Is your soul at peace? Or does there seem to be an aching hole?

### day 2: READ 1 peter 2:25

*“Your soul is what integrates your will (your intentions), your mind (your thoughts and feelings, your values and conscience), and your body (your face, body language, and actions) into a single life. A soul is healthy well-ordered when there is harmony between these three entities and God’s intent for all creation. When you are connected with God and other people in life, you have a healthy soul... an unhealthy soul is one that experiences dis- integration, and sin always causes the disintegration of the soul.”*

John Ortberg – *Soul Keeping*, pg 43

How does being connected with God and other people keep your intentions, your thoughts, and your actions moving in the same direction creating a healthy soul?

- REMEMBER a moment when you felt your soul was in harmony with your mind, body, and will. DESCRIBE what that was like.
- THINK of a time when you felt your soul dis-integrated. EXPLAIN your feelings during this time.

### day 3: READ matthew 16:24-27

Using the list of soul attributes from your outline, REFLECT on what can happen to a soul. What gives a soul life? What takes life away from the soul? What can a man give in exchange for his soul? Have you experienced some of these states of the soul? Which of these makes *your* soul healthy or refreshes *your* soul? Is there something for which you’ve exchanged your soul?

### day 4

LOOK at the list of soul attributes, and ASK God to draw you to a few verses to look up today. SPEND some time studying these verses. What can you learn about the soul? What can you learn about *your* soul?

#### A Soul Can . . .

Gen 27:4 – bless	Acts 14:22 – be strengthened
Gen 34:3;8 – be drawn to or long for	2 Cor 12:15 – be worth sacrificing to save
Lev 26:15 – abhor the rules of God	1 Thess 5:23 – be kept blameless
Job 21:25 – be bitter or grieved	Heb 4:12 – be impacted by the word of God
1 Kings 11:37 – desire	Heb 6:19 – be anchored
Ps 19:7 – revive	Heb 11:38 – be displeased
Psalms – be swept away, down cast, wait, or rejoice	Heb 10:39 – be preserved or protected
Matt 10:28 – be killed	Heb 13:17– be kept watch over
Matt 11:29 – rest	James 1:27, 5:20   Pe 1:9 – be saved
Matt 12:18 – be pleased	1 Peter 1:22 – be purified
Matt 16: 26 – be lost	1 Peter 2:11 – be warred upon
Matt 22:37 – love	1 Peter 4:19 – be entrusted to God
Matt 26:38 – be sorrowful	2 Peter 2:8 – be tormented
Luke 1:46 – magnify the Lord	2 Peter 2:14 – be unsteady, enticed
Luke 2:35- be wounded	1 Peter 2:25 – God is the Shepherd and Overseer of your soul
Luke 12:19 – you can talk to your soul	
John 12:27 – be troubled	
Acts 2:43 – be in awe	
Acts 3:23 – be destroyed	
Acts 4:32 – be united with another soul	

### day 5: READ matthew 7:13-14

How is your soul? Will you make having a healthy soul your greatest priority? What happens if you choose to ignore the unhealthy state of your soul? What might the potential results be of training your soul in healthy practices? What attitudes, thoughts and focus make your soul healthy?

#### next steps: further reading

*Soul Keeping* – John Ortberg  
*The Life You Have Always Wanted* – John Ortberg  
*The Good and Beautiful Life* – Bryan Smith  
*The Divine Conspiracy* – Dallas Willard