



how is your soul?

Then Jesus said to his disciples, "If anyone would come after me, he must deny himself and take up his cross and follow me. ²⁵ For whoever wants to save his life will lose it, but whoever loses his life for me will find it. ²⁶ What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul? ²⁷ For the Son of Man is going to come in his Father's glory with his angels, and then he will reward each person according to what he has done."

Matthew 16:24-27

what is a soul?

"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



what can happen to a soul? a soul can ...

God is called the Shepherd and Overseer of your soul.
God Himself has a soul.

when your soul is unhealthy, your life starts to disintegrate

how is your soul?

What makes my soul healthy?
What makes my soul unhealthy?
Who are the people who degrade my soul?
Who are the people who are a friend to my soul?
What attitudes, thoughts and focus make my soul unhealthy?
What attitudes, thoughts and focus make my soul healthy?
Will I make having a healthy soul my greatest priority?

danger ahead

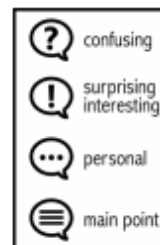
"Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. ¹⁴ But small is the gate and narrow the road that leads to life, and only a few find it."

Matthew 7:13-14

next steps: further reading

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

NOTES - The icons below may be helpful as you take notes on the outline.



January 10/11, 2015