



day 1 — READ 1 peter 2:9-12

four things that kill your soul : #1 sin

Understanding sin begins with understanding God's holiness. It's against the backdrop of this perfection that we can start to see the darkness in our own hearts. Sin isn't just about the big things like murder or stealing, it's also about the little things that we try to justify. When you stand in the express lane of the grocery store with too many groceries in your cart, your soul is talking to you...you just choose to ignore it. When you catch yourself speeding, your soul is notifying you but you justify your conduct.

SLOW DOWN and LISTEN to your soul. How is your soul trying to get your attention? What are you hiding from others? What are you hiding from yourself? Confession is all about honesty with yourself, with God, and with others? PRACTICE confession each day this week as part of your prayers. Jesus said, "Then you will know the truth, and the truth will set you free." John 8:32

day 2 — READ luke 12:13-21

four things that kill your soul : #2 idolatry

"But it is the nature of the soul to need...Our need was meant to point us to God. Instead we fasten our minds and bodies and wills on other sources of ultimate devotion." John Ortberg — *Soul Keeping*, pg 81-82

CONTEMPLATE several things that may take precedence in your life. Money? Control? Work? Secrets? People? An addiction to something that's unhealthy for your body? A hobby? Media? FILL IN the blank. "God, I want to follow you, but I don't want to give up _____. Empower me to let go of it."

day 3 — READ james 4:7-10

four things that kill your soul : #3 double-mindedness

What exactly is double-mindedness? Well, other ways to describe it may be to say that you're split-souled or un-centered. Do you feel pulled in two directions? Do I feel like two different people depending on who you're with? CONFESS your dilemma to God, and ASK for His help to center yourself on Him. "For the Lamb at the center of the throne will be their Shepherd; 'He will lead them to springs of living water.'" Revelation 7:17

day 4 — READ isaiah 55:1-3

four things that kill your soul : #4 busyness

We have the capability of creating weary souls by the sheer number of things we fill our lives with. Do we burden our bodies with late nights, unhealthy foods or addictions, or a lack of physical activity? Do we overload our minds with information, communication, or to do lists? All of these may be indicators that we are too busy.

How is your life too busy right now? Do you find that you're too busy to pray? CONFESS your weariness, and ASK for God's guidance over the next several weeks to begin looking at how to simplify the busyness in your life.

day 5 — READ matthew 7:13-20

danger ahead

What is taking life away from your soul? How much dis-integration of your soul are you willing to endure? What are the ultimate consequences? Are you willing to take time to care for your soul? CONSIDER spending time over the next several weeks or even months as we discuss practices to help us re-center our lives on God. PRAY for God's leadership and courage today to do the hard work of seeing the true state of your soul.

next steps: further reading

Soul Keeping – John Ortberg

The Life You've Always Wanted – John Ortberg

The Good and Beautiful Life – James Bryan Smith

The Good and Beautiful God – James Bryan Smith

The Divine Conspiracy – Dallas Willard