



### our souls need to be with God

Then my soul will rejoice in the LORD, exulting in his salvation.

Psalms 35:9

As a deer pants for flowing streams, so pants my soul for you, O God. <sup>2</sup> My soul thirsts for God, for the living God... Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation <sup>6</sup> and my God. My soul is cast down within me; therefore I remember you.

Psalms 42:1-2a; 5-6a

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.

Psalms 63:1a

If the LORD had not been my help, my soul would soon have lived in the land of silence. <sup>18</sup> When I thought, "My foot slips," your steadfast love, O LORD, held me up. <sup>19</sup> When the cares of my heart are many, your consolations cheer my soul.

Psalms 94:17-19

### our souls need to be with people who have been with God

Now the full number of those who believed were of one heart and soul, and no one said that any of the things that belonged to him was his own, but they had everything in common. <sup>33</sup> And with great power the apostles were giving their testimony to the resurrection of the Lord Jesus, and great grace was upon them all.

Acts 4:32-33

### our souls get sick when they are alone

Let us hold fast the confession of our hope without wavering, for he who promised is faithful. <sup>24</sup> And let us consider how to stir up one another to love and good works, <sup>25</sup> not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. For if we go on sinning deliberately after receiving the knowledge of the truth, there no longer remains a sacrifice for sins, <sup>27</sup> but a fearful expectation of judgment, and a fury of fire that will consume the adversaries.

Hebrews 10:23-27

### our souls have an enemy

Cast all your anxiety on him because he cares for you. <sup>8</sup> Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. <sup>9</sup> Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.

1 Peter 5:7-9

Let us eat and drink, for tomorrow we die." <sup>33</sup> Do not be deceived: "Bad company ruins good morals." <sup>34</sup> Wake up from your drunken stupor, as is right, and do not go on sinning. For some have no knowledge of God. I say this to your shame.

1 Corinthians 15:32-34

### have you found true friends for your soul?

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. <sup>25</sup> For you were straying like sheep, but have now returned to the Shepherd and Overseer of your souls.

1 Peter 2:24-25

As soon as he had finished speaking to Saul, the soul of Jonathan was knit to the soul of David, and Jonathan loved him as his own soul.

1 Samuel 18:1

### 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. <sup>14</sup> But small is the gate and narrow the road that leads to life, and only a few find it.

Matthew 7:13-14

### what I do is what matters

"Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but the one who does the will of my Father who is in heaven. <sup>22</sup> On that day many will say to me, 'Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?' <sup>23</sup> And then will I declare to them, 'I never knew you; depart from me, you workers of lawlessness.'

Matthew 7:21-23

### next steps

join a group or renew your commitment to group life  
reconnect with your anam cara (soul friend)

### 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

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