

soul talk

the language of your soul

the gift of the gray

You who have made me see many troubles and calamities will revive me again; from the depths of the earth you will bring me up again. ²¹ You will increase my greatness and comfort me again.

Psalms 71:20-21

at the crossroad

This is what the LORD says: “Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, ‘We will not walk in it.’ “

Jeremiah 6:16

This is what the Sovereign LORD, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.”

Isaiah 30:15

“Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

Psalms 46:10

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



*Prayer is the language of the soul.
Contemplative prayer which emphasizes being with God
by uniting your soul with God
is the key to healing an anxious soul
and navigating a season of melancholy.
It is also a necessity to experience true spiritual joy.*

a passage back in context

Rejoice in the Lord always. I will say it again: Rejoice! ⁵ Let your gentleness be evident to all. The Lord is near. ⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹ Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Philippians 4:4-9

next steps: let us pray...

- o Join us in Lenten prayer February 24 @ 6pm
- o further reading:

Prayer – Richard Foster

The Good and Beautiful Life – James Bryan Smith

Invitation to Solitude and Silence:

Experiencing God's Transforming Presence – Ruth H. Barton

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