



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

where is your soul?

"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



training verses trying

spiritual disciplines: re-integration training

Sabbath

Deuteronomy 5:12-15

Scripture

Deuteronomy 6:4-9

2 Timothy 3:14-17

Prayer

Mark 1:35

Matthew 6:5-14

1 Thessalonians 5:17

Community

Genesis 2:18

Revelation 5:11

creating a rule for life

It's not about rules, it's about direction.

next steps

create a rule for life

discover how you rest

learn a new form of prayer

join a group

use the devotional

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


