**How is Your Soul? #1**

**(Summer of Freedom)**

1 Thessalonians 5 NLT

***23Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again[[1]](#footnote-1)***

3 John 2 NASB

 ***Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.[[2]](#footnote-2)***

Soul-**6034** ψυχή (*psychē*), **inner self**, heart, mind; a psychological faculty /**life**, life, soul, the self (often translated by the personal pronoun); that which is in someone to give animate life and distinction /**person**, as a living being[[3]](#footnote-3) (Psychology is the study of the soul-it comes from this word.)

-The word there for prosper means “to succeed on the journey”.

-You can not succeed on the journey and leave your soul behind.

-A successful journey in life is to be made whole and to prosper-spiritually, physically and in the inner man.

Genesis 2 NLT

***7Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man’s nostrils, and the man became a living person.*** [[4]](#footnote-4)

 (literally -soul- נֶפֶשׁ (*ně·p̄ěš*): **creature**, being, i.e., an animal of any kind, as a living thing in creation **heart**, the inner self, i.e., the essence of life, including thinking, feeling, willing, desiring[[5]](#footnote-5)

Mark 8:36

[**New Living Translation**](https://biblehub.com/nlt/mark/8.htm)
And what do you benefit if you gain the whole world but lose your own soul?

[**English Standard Version**](https://biblehub.com/esv/mark/8.htm)
For what does it profit a man to gain the whole world and forfeit his soul?

-We are going to spend an extended time this summer talking about the man on the inside.

-Mental and emotional health are vital, especially in the times we live.

-Jesus said in the last days men’s hearts would fail them for fear when they see what is going on around them.

-I have taught a few series on the soul…..A NEW WAY TO BE HUMAN/WHAT ARE YOU MEDICATING?

-I just spent three years researching mental and emotional health in ministers to get to the root of why there are so many failing morally and quitting early.

*THE HEALTHY PASTOR: HOW TO SUCCEED IN MINISTRY WITHOUT LOSING YOUR SOUL.*

-This subject has been off limits and actually seen as the enemy of faith.

-The Church created a negative word to describe you if you pay too much attention to your soul-SOULISH.

-A life with an unhealthy soul is not a joyful life.

-People are involved in all sorts of things to smother their feelings and emotions.

-They are medicating pain and discomfort that Jesus wants to heal.

-Why are you struggling with drugs or alcohol?

-Why do you watch 12 hours of Netflix in a row?

-What are you covering up?

Genesis 3 NLT

***7At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.***

***8When the cool evening breezes were blowing, the man[[6]](#footnote-6)\* and his wife heard the Lord God walking about in the garden. So they hid from the Lord God among the trees. 9Then the Lord God called to the man, “Where are you?”***

***10He replied, “I heard you walking in the garden, so I hid. I was afraid because I was naked.” [[7]](#footnote-7)***

-Adam and Eve were covering themselves up and hiding in shame.

-What are you using for fig leaves?

-God doesn’t want you to cover up anymore…….come clean….drag that into the light. Sunlight is the best disinfectant.

-We want to help you….GOD WANTS TO HELP YOU.

Peter Scazzero makes a statement:

**“IT’S IMPOSSIBLE TO BE SPIRITUALLY MATURE WHILE REMAINING EMOTIONALLY IMMATURE.”**

3 John 2 NASB

 ***Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers.[[8]](#footnote-8)***

**-It happens together.**

Have you ever gone on a trip where you had to lug baggage around? (Eg-my kids in Scotland) It is better when you lose the baggage you are dragging.

-Just because you are born again and a new creation in Christ doesn’t mean you have applied that new life to your soul.

-Inner healing is accepting and receiving with your soul what has been applied to your spiritual life.

-It is possible to be on your way to heaven with a very unhappy sick soul.

-You can drag baggage from the past or you can let it go.

**HOW?**

* **YOU HAVE TO DROP THE FIG LEAVES AND BE REAL.**

-Transparency is a real key.

-Learn to be transparent before God and men….not all men but those in your inner circle.

(Good place to push Wesley BANDS)

-You can never grow up pretending to be someone else or projecting an image.

-Embracing who you really are is a form of worshipping God because he is your creator.

-David was a man after God’s heart but he hit a season in life when he stepped into sin.

-Something was missing, and he tried to fill it with fleshly desires that spiraled out of control and even affected many other people.

-We know the story of his sin.

-He is bored and obviously not happy with his life.

-He looks out his window and there is a naked woman taking a bath..BATHSHEBA-HOW IRONIC A NAME.

-He is already married and so is she. She is married to one of his most faithful soldiers.

-He goes through a soap opera of pregnancy, cover-up and murder.

-He hides and makes his own fig leaves.

2 Samuel 12 NLT

***So the Lord sent Nathan the prophet to tell David this story: “There were two men in a certain town. One was rich, and one was poor. 2The rich man owned a great many sheep and cattle. 3The poor man owned nothing but one little lamb he had bought. He raised that little lamb, and it grew up with his children. It ate from the man’s own plate and drank from his cup. He cuddled it in his arms like a baby daughter. 4One day a guest arrived at the home of the rich man. But instead of killing an animal from his own flock or herd, he took the poor man’s lamb and killed it and prepared it for his guest.”***

***5David was furious. “As surely as the Lord lives,” he vowed, “any man who would do such a thing deserves to die! 6He must repay four lambs to the poor man for the one he stole and for having no pity.”***

***7Then Nathan said to David, “You are that man! The Lord, the God of Israel, says: I anointed you king of Israel and saved you from the power of Saul. 8I gave you your master’s house and his wives and the kingdoms of Israel and Judah. And if that had not been enough, I would have given you much, much more. 9Why, then, have you despised the word of the Lord and done this horrible deed? For you have murdered Uriah the Hittite with the sword of the Ammonites and stolen his wife. 10From this time on, your family will live by the sword because you have despised me by taking Uriah’s wife to be your own. [[9]](#footnote-9)***

-Love covers over sin with forgiveness but it doesn’t cover-up.

-Sin is only dealt with when it is exposed to the light.

-You cannot hide and be healthy.

-You are only as sick as your secrets.

Psalm 51 NLT

***1Have mercy on me, O God,***

***because of your unfailing love.***

***Because of your great compassion,***

***blot out the stain of my sins.***

***2Wash me clean from my guilt.***

***Purify me from my sin.***

***3For I recognize my rebellion;***

***it haunts me day and night.***

***4Against you, and you alone, have I sinned;***

***I have done what is evil in your sight.***

***You will be proved right in what you say,***

***and your judgment against me is just.[[10]](#footnote-10)\****

***5For I was born a sinner—***

***yes, from the moment my mother conceived me.***

***6But you desire honesty from the womb,[[11]](#footnote-11)\****

***teaching me wisdom even there.***

***7Purify me from my sins,[[12]](#footnote-12)\* and I will be clean;***

***wash me, and I will be whiter than snow.***

***8Oh, give me back my joy again;***

***you have broken me—***

***now let me rejoice.***

***9Don’t keep looking at my sins.***

***Remove the stain of my guilt.***

***10Create in me a clean heart, O God.***

***Renew a loyal spirit within me.***

***11Do not banish me from your presence,***

***and don’t take your Holy Spirit[[13]](#footnote-13)\* from me.***

***12Restore to me the joy of your salvation,***

***and make me willing to obey you.***

***13Then I will teach your ways to rebels,***

***and they will return to you.***

***14Forgive me for shedding blood, O God who saves;***

***then I will joyfully sing of your forgiveness.***

***15Unseal my lips, O Lord,***

***that my mouth may praise you.***

***16You do not desire a sacrifice, or I would offer one.***

***You do not want a burnt offering.***

***17The sacrifice you desire is a broken spirit.***

***You will not reject a broken and repentant heart, O God. [[14]](#footnote-14)***

Psalm 32

***1Oh, what joy for those***

***whose disobedience is forgiven,***

***whose sin is put out of sight!***

***2Yes, what joy for those***

***whose record the Lord has cleared of guilt,[[15]](#footnote-15)\****

***whose lives are lived in complete honesty!***

***3When I refused to confess my sin,***

***my body wasted away,***

***and I groaned all day long.***

***4Day and night your hand of discipline was heavy on me.***

***My strength evaporated like water in the summer heat.***

***Interlude***

***5Finally, I confessed all my sins to you***

***and stopped trying to hide my guilt.***

***I said to myself, “I will confess my rebellion to the Lord.”***

***And you forgave me! All my guilt is gone.***

***Interlude***

***6Therefore, let all the godly pray to you while there is still time,***

***that they may not drown in the floodwaters of judgment.***

***7For you are my hiding place;***

***you protect me from trouble.***

***You surround me with songs of victory.***

***Interlude***

***8The Lord says, “I will guide you along the best pathway for your life.***

***I will advise you and watch over you.***

***9Do not be like a senseless horse or mule***

***that needs a bit and bridle to keep it under control.” [[16]](#footnote-16)***

-He didn’t come clean on his own….he needed to be provoked.

-Love covers over sin with forgiveness but it doesn’t cover-up.

-You can’t do this alone.

-You need God and people.

-David was going to work through it alone and he couldn’t.

-Take off your fig leaves.

-There is an amazing story in Scripture of someone trying to do it alone.

-Paul the apostle tells of a struggle he had to live and do right.

Romans 7 NLT

***15I don’t really understand myself, for I want to do what is right, but I don’t do it. Instead, I do what I hate. 16But if I know that what I am doing is wrong, this shows that I agree that the law is good. 17So I am not the one doing wrong; it is sin living in me that does it.***

***18And I know that nothing good lives in me, that is, in my sinful nature.[[17]](#footnote-17)\* I want to do what is right, but I can’t. 19I want to do what is good, but I don’t. I don’t want to do what is wrong, but I do it anyway. 20But if I do what I don’t want to do, I am not really the one doing wrong; it is sin living in me that does it.***

***21I have discovered this principle of life—that when I want to do what is right, I inevitably do what is wrong. 22I love God’s law with all my heart. 23But there is another power[[18]](#footnote-18)\* within me that is at war with my mind. This power makes me a slave to the sin that is still within me. 24Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? 25Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God’s law, but because of my sinful nature I am a slave to sin.***

**Chapter 8**

***So now there is no condemnation for those who belong to Christ Jesus. 2And because you belong to him, the power[[19]](#footnote-19)\* of the life-giving Spirit has freed you[[20]](#footnote-20)\* from the power of sin that leads to death.[[21]](#footnote-21)***

-37 times in chapter 7 Paul says I/ME/MYSELF.

-He is trying to force change and just press through.

-He couldn’t and you can’t either.

-Then he gives the answer:

***24Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? 25Thank God! The answer is in Jesus Christ our Lord.***

-Be honest and admit your helplessness.

-Humble yourself and tell the Lord he is your only answer.

-Trust in God can fix you but willpower can’t.

-Give up and give in to the power of Jesus Christ.

-Hiding and projecting an image is exhausting.

-Are you tired yet?

**I LOVE COFFEE. HAVE YOU EVER OPENED A SEALED CONTAINER OF COFFEE AND THE FRAGRANCE RACES AROUND THE ROOM AND FILLS THE ATMOSPHERE? THAT IS WHAT HAPPENS WHEN YOU COME CLEAN.**

-The next key beyond honesty is RECEIVE FORGIVENESS AND GIVE FORGIVENESS.

-I have heard that 90% of people in mental homes could return to society if they could deal with the forgiveness issue.

-Receive forgiveness and deal with offenses in your life.

-That is next week.

‘It is impossible to be spiritually mature while remaining emotionally immature.’

SMALL GROUPS AND BANDS OF 3 OR SO.

IF INTERESTED I AM TAKING THE FIRST 10 MINUTES OF WEDNESDAY (WISDOM FOR OUR TIMES) TO INTRODUCE THEM.

ANOTHER THING WE ARE DOING WHICH I BELIEVE IS THE FIRST STEP TO DISCIPLESHIP IS A LIFE REVIEW.

RORY WILL PRINT SOME OF THOSE NEXT WEEK OR EMAIL HER AND ME THIS WEEK.

YOU HAVE TO GO BACK WITH JESUS TO GO FORWARD WITH JESUS.

WHY ARE YOU WHO YOU ARE? GOOD OR BAD. YOU HAVE TO ACKNOWLEDGE IT TO GET IT FIXED.

**Life Review**

**Look at why you are the way you are. As a Christian you are forgiven. You are a new creation.**

**It may be that you are forgiven but not healed. Honestly examine your life in your childhood, your adolescence and your adulthood.**

2 Corinthians 13:5

[**New International Version**](https://biblehub.com/niv/2_corinthians/13.htm)
Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you--unless, of course, you fail the test?

**Look at areas like:**

* **Spiritual life**
* **Family**
* **Social patterns**
* **Money**
* **Sexuality**
* **Others**

Note the good and the bad things that shaped how you think and how you react to pressure.

Present it to the Lord for forgiveness and healing. Inner healing is accepting with your soul what is already true for you spiritually.

Destroy it.

Walk in righteousness, peace and joy!

1. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.1Th5.23&off=23&ctx=l%E2%80%99s+Final+Greetings%0a~23%C2%A0Now+may+%E2%80%A2the+God+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-1)
2. [*New American Standard Bible: 1995 Update*](https://ref.ly/logosres/nasb95?ref=BibleNASB95.3Jn2&off=0&ctx=+I+c%EF%BB%BFlove+in+truth.%0a~+2+%EF%BB%BFBeloved%2c+I+pray+). La Habra, CA: The Lockman Foundation, 1995. Print. [↑](#footnote-ref-2)
3. Swanson, James. [*Dictionary of Biblical Languages with Semantic Domains: Greek (New Testament)*](https://ref.ly/logosres/dblgreek?ref=DBLGreek.DBLG+6034) 1997: n. pag. Print. [↑](#footnote-ref-3)
4. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ge2.7&off=0&ctx=ered+%E2%80%A2all+the+land.+~7%C2%A0Then+the+Lord+God+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-4)
5. Swanson, James. [*Dictionary of Biblical Languages with Semantic Domains : Hebrew (Old Testament)*](https://ref.ly/logosres/dblhebr?ref=DBLHebrew.DBLH+5883) 1997: n. pag. Print. [↑](#footnote-ref-5)
6. \* **3:8** Or *Adam*, and so throughout the chapter. [↑](#footnote-ref-6)
7. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ge3.7&off=0&ctx=and+he+ate+it%2c+too.+~7%C2%A0At+that+moment+the). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-7)
8. [*New American Standard Bible: 1995 Update*](https://ref.ly/logosres/nasb95?ref=BibleNASB95.3Jn2&off=0&ctx=+I+c%EF%BB%BFlove+in+truth.%0a~+2+%EF%BB%BFBeloved%2c+I+pray+). La Habra, CA: The Lockman Foundation, 1995. Print. [↑](#footnote-ref-8)
9. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.2Sa12.1&off=21&ctx=athan+Rebukes+David%0a~So+the+Lord+sent+%E2%80%A2Na). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-9)
10. \* **51:4** Greek version reads *and you will win your case in court*. Compare Rom 3:4. [↑](#footnote-ref-10)
11. \* **51:6** Or *from the heart*; Hebrew reads *in the inward parts*. [↑](#footnote-ref-11)
12. \* **51:7** Hebrew *Purify me with the hyssop branch*. [↑](#footnote-ref-12)
13. \* **51:11** Or *your spirit of holiness*. [↑](#footnote-ref-13)
14. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ps51.1&off=0&ctx=ry+with+Bathsheba.+%0a~1%C2%A0Have+mercy+on+me%2c+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-14)
15. \* **32:2** Greek version reads *of sin*. Compare Rom 4:7. [↑](#footnote-ref-15)
16. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ps32.1&off=0&ctx=A+psalm*+of+David.+%0a~1%C2%A0Oh%2c+what+joy+for+t). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-16)
17. \* **7:18** Greek *my flesh*; also in 7:25. [↑](#footnote-ref-17)
18. \* **7:23** Greek *law*; also in 7:23b. [↑](#footnote-ref-18)
19. \* **8:2a** Greek *the law*; also in 8:2b. [↑](#footnote-ref-19)
20. \* **8:2b** Some manuscripts read *me*. [↑](#footnote-ref-20)
21. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ro7.15&off=0&ctx=n%2c+a+slave+to+%E2%80%A2sin.+~15%C2%A0%E2%80%A2I+don%E2%80%99t+really+u). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-21)