**How is Your Soul #7**

**July 24th, 2022**

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)***

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

-You cannot 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.

Mark 8:36  
***And what do you benefit if you gain the whole world but lose your own 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.

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

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

**DON’T LOSE YOUR SOUL**

Ruth Haley Barton said: **“Losing your soul is sort of like losing your credit card. You think its in your wallet so you don’t give it much thought until one day you reach for it and can’t find it.”**

-We have probably all had a sensation similar to that.

-We have probably all had a similar situation with our soul.

-We faced a trauma or an emotional hurricane and when we tried to rely on our soul to keep us steady…..it wasn’t there.

-Losing your soul is not being condemned to hell.

Mark 8 NLT

***34Then, calling the crowd to join his disciples, he said, “If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me. 35If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it. 36And what do you benefit if you gain the whole world but lose your own soul?[[3]](#footnote-3)\* 37Is anything worth more than your soul? [[4]](#footnote-4)***

***psuchḗ-***Accordingly, *psuchḗ* is contrasted to *sṓma* (4983), body, and *pneúma* (4151), spirit (1 Thess. 5:23). The *psuchḗ*, no less than the *sárx* (4561), flesh, belongs to the lower region of man’s being. Sometimes *psuchḗ* stands for the immaterial part of man made up of the soul (*psuchḗ* in the restrictive sense of the life element), and the spirit *pneúma*. However, animals are not said to possess a spirit; this is only in man, giving him the ability to communicate with God.[[5]](#footnote-5)

-This could represent someone who turned their back on Jesus and don’t know God.

-I am relating it to people who have made the decision to follow Jesus yet are living with a war between their spirit and soul.

1. **Be honest about the hole in your soul.**

-We must stop thinking it is a weakness to address the issues we face mentally and emotionally.

-I was reading the New Testament and a great book this week about Paul. It let me see Paul from the inside out. After pouring out his life in Ephesus and Corinth, he had a catastrophe in both places. He was probably in jail in Ephesus and was being rejected by the very people he had poured his life into.

-Three times he begged Jesus to set him free from the selfish people in his life who were harassing him. The Corinthians were saying: you don’t speak to the contemporary culture, you don’t wear skinny jeans and have cool tennis shoes. The next time you come, we are going to need some letters of reference from someone before we let you speak. Paul was crushed.

2 Corinthians 1 NLT

***8We think you ought to know, dear brothers and sisters,[[6]](#footnote-6)\* about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. 9In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. [[7]](#footnote-7)***

NASB

***8 For [[8]](#footnote-8)awe do not want you to be unaware, brethren, of our [[9]](#footnote-9)baffliction which came to us in [[10]](#footnote-10)1[[11]](#footnote-11)cAsia, that we were burdened excessively, beyond our strength, so that we despaired even of life;***

***9 [[12]](#footnote-12)1indeed, we had the sentence of death within ourselves so that we would not trust in ourselves, but in God who raises the dead;[[13]](#footnote-13)***

-We can never fix a problem if we don’t admit it is there.

-Maybe it was self-inflicted, maybe it was done to you by others, or maybe it is just a complete misunderstanding that affects you.

**JACK STORY OF MAN WHO ASSUMES ABOUT THE NEIGHBOR AFTER A CAR BREAKDOWN.**

1. **Start the healing spiritually first.**

-The only place to really find answers to soul issues is from the Word of God and the Holy Spirit of God.

* **READ THE BIBLE DAILY**
* **MEDITATE ON THE BIBLE DAILY**
* **DEVELOP A PRAYER LIFE THAT ACKNOWLEDGES GOD THROUGHOUT THE DAY AND NOT JUST AT YOUR DEVOTIONS.**

**1 Thessalonians 5:17**

[**New International Version**](https://biblehub.com/niv/1_thessalonians/5.htm) **pray continually,**[**New Living Translation**](https://biblehub.com/nlt/1_thessalonians/5.htm) **Never stop praying.**[**English Standard Version**](https://biblehub.com/esv/1_thessalonians/5.htm) **pray without ceasing,**

Psalm 89 NIV 84

**15 Blessed are those who have learned to acclaim you,**

**who walk in the light of your presence, O Lord. [[14]](#footnote-14)**

-In the staff meeting and in the teaching one Wednesday night, it kept being brought out that we need to stop and invite God’s presence into RIGHT NOW.

Psalm 46 NLT

***10“Be still, and know that I am God!***

***I will be honored by every nation.***

***I will be honored throughout the world.” [[15]](#footnote-15)***

-Everything you receive from God comes to your spirit first.

-Your soul unwraps the gift and receives it.

-God is a Spirit. You contact him first with your spirit.

Romans 8 NIV 84

***5 Those who live according to the sinful nature have their minds set on what that nature desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. 6 The mind of sinful man[[16]](#footnote-16)e is death, but the mind controlled by the Spirit is life and peace; 7 the sinful mind[[17]](#footnote-17)f is hostile to God. It does not submit to God’s law, nor can it do so.[[18]](#footnote-18)***

1. **Feed your soul.**

-Many things feed my soul:

* Positive music
* Nature
* Laughter and humor
* People who are living and walking in hope
* Others

-What about you?

-Have you discovered what feeds your soul (and what drains your soul)?

-Think about David in Psalm 23:

* 2He lets me rest in green meadows;
* he leads me beside peaceful streams. [[19]](#footnote-19)
* God’s presence

-Worship is a big one.

-Learn to relax.

-Pursue the peace Jesus promised us.

-Learn to play and learn to have fun.

Psalm 103 NLT

***5He fills my life with good things.***

***My youth is renewed like the eagle’s! [[20]](#footnote-20)***

Because children have abounding vitality, because they are in spirit fierce and free, therefore they want things repeated and unchanged. They always say, “Do it again”; and the grown-up person does it again until he is nearly dead. For grown-up people are not strong enough to exult in monotony. But perhaps God is strong enough to exult in monotony. It is possible that God says every morning, “Do it again” to the sun; and every evening, “Do it again” to the moon. It may not be automatic necessity that makes all daisies alike; it may be that God makes every daisy separately, but has never got tired of making them. It may be that He has the eternal appetite of infancy; for we have sinned and grown old, and our Father is younger than we.

*G.K. Chesterton, Orthodoxy*

**1 Timothy 6:17**[**NET**](https://www.biblegateway.com/passage/?search=1%20Timothy%206:16-18&version=NET)

**Command those who are rich in this world’s goods not to be haughty or to set their hope on riches, which are uncertain, but on God who richly provides us with all things for our enjoyment.**

1. **Learn to really rest.**

-Because we have a false sense of responsibility, we have to fight the good fight of faith to rest.

Hebrews 4 NLT

***God’s promise of entering his rest still stands, so we ought to tremble with fear that some of you might fail to experience it. 2For this good news—that God has prepared this rest—has been announced to us just as it was to them. But it did them no good because they didn’t share the faith of those who listened to God.[[21]](#footnote-21)\* 3For only we who believe can enter his rest. As for the others, God said,***

***“In my anger I took an oath:***

***‘They will never enter my place of rest,’ ”[[22]](#footnote-22)\****

***even though this rest has been ready since he made the world. 4We know it is ready because of the place in the Scriptures where it mentions the seventh day: “On the seventh day God rested from all his work.”[[23]](#footnote-23)\* 5But in the other passage God said, “They will never enter my place of rest.”[[24]](#footnote-24)\****

***6So God’s rest is there for people to enter, but those who first heard this good news failed to enter because they disobeyed God. 7So God set another time for entering his rest, and that time is today. God announced this through David much later in the words already quoted:***

***“Today when you hear his voice,***

***don’t harden your hearts.”[[25]](#footnote-25)\****

***8Now if Joshua had succeeded in giving them this rest, God would not have spoken about another day of rest still to come. 9So there is a special rest[[26]](#footnote-26)\* still waiting for the people of God. 10For all who have entered into God’s rest have rested from their labors, just as God did after creating the world. 11So let us do our best to enter that rest. But if we disobey God, as the people of Israel did, we will fall. [[27]](#footnote-27)***

Matthew 11 NLT

***28Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30For my yoke is easy to bear, and the burden I give you is light.” [[28]](#footnote-28)***

Augustine said: **"Our heart is restless until it finds its rest in thee."**

**Nothing in this world will give us the rest and the peace that only God can give.**

-The principle of the sabbath came at creation.

-God created in six days then rested.

-He wasn’t tired. He just established it as the order of creation and life.

-Just like the tithe, we don’t do them by law.

-They both came centuries before the Bible came to us in any form.

-They are done by faith and trust in God.

-Do you have to? No, neither did Abraham…….we do them in faith.

-Your finances will go better if you tithe, and you will live longer and better if you take a sabbath.

“sabbath” comes from the word “to cease”.

-Your system was created and set up by God to stop for 24 hours every seven days and be replenished.

-God took a sabbath and he reflected back over his week and judged it. He said IT IS GOOD.

-I may look back and say THAT WAS GOOD BUT THIS NEEDS TO BE ADJUSTED.

-Our culture takes a day off.

-A sabbath is a time of actively being in a place of rest, reflection, and responding to God’s direction.

-Someone said we:

* Stop
* Rest
* Delight in the Lord
* Contemplate

-Without a sabbath you may start thinking that the life you are living is the result of your effort.

-A sabbath is resetting the system.

-It is restarting your software.

-We talked as a staff about what it looks like.

-It is fun/family/faith.

-A person with no sabbath says I DID THIS MYSELF.

-A person of faith says I AM IN PARTNERSHIP WITH GOD.

-I don’t tithe or take a sabbath by law but by GRACE AND FAITH.

-Paul says it is no longer a certain day. Don’t get caught up in rules.

-The sabbath isn’t just a Jewish thing. There was a sabbath for millennia

Before there were any Jews or a Bible. It is part of the rhythm of life.

**A man hired some guides and workers to help on an African trip. He pushed them really hard until one day he got up and they were all sitting around the fire. He told them to get going and they said NO, WE ARE WAITING FOR OUR SOULS TO CATCH UP.**

-It takes faith to cease and trust God.

-Our culture resists rest.

-No such thing as multi-tasking. We just do several things poorly at the same time.

Romans 5 NLT

***Therefore, since we have been made right in God’s sight by faith, we have peace[[29]](#footnote-29)\* with God because of what Jesus Christ our Lord has done for us. [[30]](#footnote-30)***

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. \* **8:36** Or *your self?* also in 8:37. [↑](#footnote-ref-3)
4. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Mk8.34&off=0&ctx=not+from+%E2%80%A2God%E2%80%99s%E2%80%A2.%E2%80%9D+%0a~34%C2%A0Then%2c+calling+the). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-4)
5. Zodhiates, Spiros. [*The complete word study dictionary: New Testament*](https://ref.ly/logosres/wsntdict?ref=GreekStrongs.5590&off=682&ctx=ew+is+here+adopted.+~Accordingly%2c+psuche%CC%84) 2000: n. pag. Print. [↑](#footnote-ref-5)
6. \* **1:8** Greek *brothers*. [↑](#footnote-ref-6)
7. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.2Co1.8&off=0&ctx=fort+God+gives+us.+%0a~8%C2%A0%E2%80%A2We+think+you+ough). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-7)
8. a Rom 1:13 [↑](#footnote-ref-8)
9. b Acts 19:23; 1 Cor 15:32 [↑](#footnote-ref-9)
10. 1 I.e. west coast province of Asia Minor [↑](#footnote-ref-10)
11. c Acts 16:6 [↑](#footnote-ref-11)
12. 1 Lit *but we ourselves* [↑](#footnote-ref-12)
13. [*New American Standard Bible: 1995 Update*](https://ref.ly/logosres/nasb95?ref=BibleNASB95.2Co1.8&off=0&ctx=ers+of+our+comfort.%0a~+8+%EF%BB%BFFor+a%EF%BB%BFwe+do+not+). La Habra, CA: The Lockman Foundation, 1995. Print. [↑](#footnote-ref-13)
14. [*The Holy Bible: New International Version*](https://ref.ly/logosres/niv?ref=BibleNIV.Ps89.15&off=0&ctx=ess+go+before+you.+%0a~15+Blessed+are+those). Grand Rapids, MI: Zondervan, 1984. Print. [↑](#footnote-ref-14)
15. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ps46.10&off=0&ctx=hields+with+%E2%80%A2fire.+%0a~10%C2%A0%E2%80%9CBe+still%2c+and+kn). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-15)
16. e Or *mind set on the flesh* [↑](#footnote-ref-16)
17. f Or *the mind set on the flesh* [↑](#footnote-ref-17)
18. [*The Holy Bible: New International Version*](https://ref.ly/logosres/niv?ref=BibleNIV.Ro8.5&off=0&ctx=ing+to+the+Spirit.+%0a~5+%E2%80%A2Those+who+live+ac). Grand Rapids, MI: Zondervan, 1984. Print. [↑](#footnote-ref-18)
19. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ps23.2&off=0&ctx=e+all+that+I+need.+%0a~2%C2%A0He+lets+me+rest+in). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-19)
20. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ps103.5&off=0&ctx=nd+tender+mercies.+%0a~5%C2%A0He+fills+my+life+w). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-20)
21. \* **4:2** Some manuscripts read *they didn’t combine what they heard with faith*. [↑](#footnote-ref-21)
22. \* **4:3** Ps 95:11. [↑](#footnote-ref-22)
23. \* **4:4** Gen 2:2. [↑](#footnote-ref-23)
24. \* **4:5** Ps 95:11. [↑](#footnote-ref-24)
25. \* **4:7** Ps 95:7–8. [↑](#footnote-ref-25)
26. \* **4:9** Or *a Sabbath rest*. [↑](#footnote-ref-26)
27. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Heb4.1&off=31&ctx=st+for+God%E2%80%99s+People%0a~God%E2%80%99s+promise+of+ent). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-27)
28. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Mt11.28&off=0&ctx=es+to+reveal+him.%E2%80%9D+%0a~28%C2%A0Then+Jesus+said%2c+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-28)
29. \* **5:1** Some manuscripts read *let us have peace*. [↑](#footnote-ref-29)
30. Tyndale House Publishers. [*Holy Bible: New Living Translation*](https://ref.ly/logosres/nlt?ref=BibleNLT.Ro5.1&off=17&ctx=+5%0aFaith+Brings+Joy%0a~Therefore%2c+since+we+). Carol Stream, IL: Tyndale House Publishers, 2015. Print. [↑](#footnote-ref-30)