



BETTERDAYS

*As a deer pants for flowing streams,  
so pants my soul for you, O God.  
My soul thirsts for God,  
for the living God.*

*When shall I come and appear before God?  
My tears have been my food  
day and night,  
while they say to me all the day long,  
"Where is your God?"*

Psalm 42:1-3 ESV



*Silence*



## Lectio

*Why are you down in the dumps, dear soul?*

*Why are you crying the blues?*

*Fix my eyes on God—*

*soon I'll be praising again.*

*He puts a smile on my face.*

*He's my God.*

Psalm 42:11 MSG



## **The Good Shepherd**

*I Am the Good Shepherd  
I lay down my life for you  
Enter in, enter in, enter in*

*I Am the Good Shepherd  
As the Father knows me  
I know you, I know you, I know you  
And no one can take you away*

*You are the Good Shepherd  
You lay down your life for me  
Enter in, enter in, enter in*

*You are the Good Shepherd  
As the Father knows you  
You know me, You know me, You know me  
And no one can take you away*



# What is the state of your soul?

If your soul had a voice, what would your soul say?



# What is the state of your soul?

Is your soul...

Tired	Numb	Distracted	Worshipful	Stressed
Lonely	Overwhelmed	Fearful	Present	Complaining
Hopeful	Apathetic	Thankful	Satisfied	Waiting
Sad	Bitter	Wounded	Neglected	Anxious
Joyful	Hurried	Rested	Longing	Curious



# *Conversation in Groups*





## Soul Care

*“There’s only one place where it’s legitimate in life to be selfish...it’s in the care of the soul. It’s in the selfish care of the soul where we learn how to become selfless in the service of others...otherwise we will continue to live manipulatively.”*

- Steve Macchia



## Soul Care

You have a soul.

You are responsible for your soul.

If you neglect your soul, your soul gets sick.





# The Sick Soul

The anxious soul.

The distracted soul.

The dissatisfied soul.



## **The Enemies of Your Soul**

Our enemy the devil

Pride

Idols of the heart

Busyness

Excess of technology

Unattended wounds

Lack of Sabbath

Unwise priorities

Unconfessed sin

Lack of awareness



## How to Nurture Your Soul?

You start by becoming aware of the state of your soul.

You cultivate silence and space with God (spiritual practices).

You listen. You notice God's invitations.

You respond.



## **Some Practices to Nurture Your Soul**

Examen

Self-care

Silence and solitude

Space with God

Meditation

Soul friendship (spiritual direction)

Rest

Nature

Contemplative presence

Celebration



# *Conversation*





*From my earliest youth my enemies have persecuted me.*

*Let all Israel repeat this:*

*From my earliest youth my enemies have persecuted me,  
but they have never defeated me.*

*My back is covered with cuts,  
as if a farmer had plowed long furrows.*

*But the Lord is good;  
he has cut me free from the ropes of the ungodly.*

*- Psalm 129:1-4*





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