

# Soul Health

## Psalm 23

04.24.2022

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Guest Speaker

### Reflect

Outline: Recap

### Realize

Points to Ponder

### Respond

Questions to draw out understanding.

## REFLECT

How is the health of your soul? Is the deepest part of you flourishing—or is it languishing and gasping for air? Life lately has been filled with exhausting challenges: personal loss, political division, economic turmoil, faith deconstruction, and isolation. And our soul feels it. Yet in the face of uncertainty, the Bible assures us we can thrive inwardly. Jesus promised his followers the abundant life. But how do we find it? How can we flourish in difficult times?

## REALIZE

**1. If your soul is flourishing nothing you go through can destroy you. If your soul is crumbling nothing you go through can heal you. The health of your soul shapes the outcome of your life.**

- **Questions for Reflection**
  - How is the health of your soul?

**2. Your soul is the deepest part of you that shapes the entirety of who you are.**

- **Questions for Reflection**
  - Thomas Moore once wrote that the ‘great malady’ of the modern age is ‘loss of soul.’ Why do you think this is? In what way does culture war against our soul?

**3. Intimacy with God begins now. In everyday, ordinary moments, the presence of God is near.**

- **Questions for reflection**
  - When Moses encountered God at the burning bush, God invited him to take off his sandals. Is there anything in your life you need to give up so that you can sink your toes deep into the presence of God?