

Sisterhood – Lead Pastors’ Track – March 2019
“How to Care for our Soul Every Day”

We all know that our bodies are “wasting away”

- **My wrinkles...my physical ailments...our bodies don’t last, but our souls are eternal.**

I want to talk to us, Sisterhood about...How to Care for our Soul Every Day

- This has been a deal-changer for me in ministry...when I don’t care for my soul, I get overwhelmed, angry, I feel out of control, or like ministry isn’t worth it...
- There is no one else that can care for our soul...it’s on us to actually love ourselves enough and recognize what we need!

We know our souls are important, but here’s the problem – who has time to slow down for our soul?

- Husband, Kids, Church to take care of, etc.

Jesus knew we would have this problem – in Matthew 16 he tells his disciples about his death – Peter says, “No Lord, this won’t happen to you” & Jesus calls him Satan (yikes)

- Jesus knew that hard times would come. He knew that leading others into a life like the Father wanted meant that we would have to do some deep soul work.
- That’s how Jesus lived with His Father and how he told the disciples they needed to live as well.

Matthew 16:24-26 *Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?”*

- Knowing the condition of our soul and caring for our soul is essential.
- Not trying to save our own life, but losing it for Christ!
- So many times we are tempted to make our ministry our “whole world” or our husband our “whole world” or our kids our “whole world”...but
- We can’t exchange anything for our soul – it’s what we are responsible for!

This was a BIG ONE for me to learn because I spent so much of my life “working for the Father” that I did not know how to be in relationship with him, so my work could flow from my position as his daughter.

- **I had so much talent and giftings, but my soul was a mess. For me, in leadership, I reached a point where I realized that caring for my soul is what was holding me back. For years, I didn’t realize how much God cared for my soul, so I needed to love what he loved and figure out how to lead myself in caring for my soul!**

So, it's essential that we learn how to care for our soul. It's from our being that everything else flows!

- It takes time and self-discipline, but the motivation has to be because you know without it, you are left to yourself and that just won't work in order to be like Jesus!

Three Ways we Can Care for our Soul:

1. S.O.A.P.

Reading and Applying the Word of God daily is essential for our soul.

Hebrews 4:12-13a "For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discernor of the thoughts and intents of the heart..."

In order to care for our soul, we have to have the Word of God to discern for us:

- Thoughts of the Heart...flesh vs spirit
- Intents of the Heart...our actions vs God's actions
- Convicts us of sin...pride, anger, greed, jealousy, gossip, lust...
- Refreshes us...we see that we have a part to play in the battle, but He has already won the war and we can find rest in that

Why S.O.A.P. Is so important

- **Show them sample illustrations from journal**

James 1:22 "Don't just listen to the Word of Truth and not respond to it, for that is the essence of self-deception. So always let his Word become like poetry written and fulfilled by your life!"

2. SOAK.

Depending on what our day is our day was or our day holds...many times we just need to soak in his presence!

Sprinkled vs Dunked

- **Immersed in His Love, in His peace, in His presence**

This can be after reading His word – this can be in the Car – listening to worship – this can be on our face in humility, letting Him immerse us...

Psalm 16:11 "You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand."

- There is joy in His Presence
- There is peace in His Presence

**HOSPITAL – "What joy, what joy for those whose hope is in the name of the Lord
What peace, what peace for those whose comfort is in Him alone"**

- I didn't need a little sprinkle, I needed to be soaked in His presence – to endure.

3. JOURNAL.

Writing has become a way to see what's in my soul and slow down long enough to get it out.

Sometimes SOAP becomes Journal!

Thoughts on journaling:

- **Face your fear** – what's the worst thing that can happen?
- **Give yourself freedom** – don't compare, don't think about others reading, don't stick to grammar or rules, don't censor or criticize your journals.
- **Check your motivation** – never about duty, always about relationship. Not guilt because you "should" but a heart that says, I want a closer relationship with God and I want to grow myself with Him.
- **Reflect on the past, Prepare for the Present, Look forward to the future.**
- **Pay attention to what's in your heart** – let the ugly stuff come out, God already knows it's in there.
- **Write for healing and transformation.** Believe that with God, your Father, as his son or daughter... you can get to a place of direction, peace, or preparation.

Psalm 62:1 "Truly my soul finds rest in God; my salvation comes from him."

Ladies - There is probably going to be one of these that is the hardest for you...my challenge is to start there this month...and get some accountability in your groups!

- **Have you ever turned everything off, gotten alone with God and soaked** in His presence?
- Let yourself be immersed with your Heavenly Father?
- **Have you ever gotten to a place where you crave God's Word** – where you can't function daily if you don't have it in you – guiding your path?
- **Have you ever journaled?** Loved yourself enough to let whatever is in your soul get onto paper and let God heal it?

PRAY