

HOW'S YOUR SOUL?

#Satisfied #Healthy #Fulfilled

And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul? Matthew 16:26 (NLT)

Five keys to a #Satisfied #Healthy #Fulfilled #Soul

(Begin at the beginning - Genesis 2)

A #Satisfied #Healthy #Fulfilled #Soul is...

1. ... a Soul that <u>recognizes</u> and <u>embraces</u> where it came from, and longs to be.

Then 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. **Genesis 2:7 (NLT)**

2. ... a Soul that intentionally <u>rests</u> in the presence of God.

Then the Lord God planted a garden in Eden in the east, and there **He** placed the man He had made. The Lord God made all sorts of trees grow up from the ground—trees that were beautiful and that produced delicious fruit...A river flowed from the land of Eden, watering the garden and then dividing into four branches. **Genesis 2:8-10 (NLT)**

3. ... a Soul that fulfills the responsibility that God has given it.

The Lord God placed the man in the Garden of Eden to tend and watch over it. **Genesis 2:15 (NLT)**

4. ... a Soul that intentionally <u>restrains</u> itself from that which will <u>restrain</u> it.

But the Lord God warned him, "You may freely eat the fruit of every tree in the garden - except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die." Genesis 2:16-17 (NLT)

5. ... a Soul that dwells with the *relationships* that God has made for it.

Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is just right for him." (A helper who fits, Hello friend) **Genesis 2:18 (NLT)**

But what if we ran away from home, how do we get back?

Jesus to doubting Thomas, "I am the way, the truth, and the life. No one can come to the Father except through me." John 14:6 (NLT)

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matt. 11:28-29 (NIV)

Going deeper on your own. Read today's study and answer the following questions. How's your Soul? Pastor Jay reminded us that when we travel, no matter how beautiful or comfortable our destination is, in time we all begin to long for home. We desire a place of comfort, safety and familiarity. Have you ever thought that our Soul might also need such a place? In Genesis chapter 2, God shows us this place and what is included in it, that leads to a healthy soul. What, if any, are missing in your life? What is one thing you can do this week replace what is missing to help your soul find satisfaction, health, and fulfillment? Pray now and commit that effort to our Lord.

Write Pastor Frank (frank@centerpointchurch.com) and tell him your story.