Soul Care

When peace like a river, attendeth my way, When sorrows like sea billows roll Whatever my lot, thou hast taught me to say It is well, it is well, with my soul It is well With my soul It is well, it is well with my soul Though Satan should buffet, though trials should come, Let this blest assurance control, That Christ has regarded my helpless estate, And hath shed His own blood for my soul It is well (it is well) With my soul (with my soul) It is well, it is well with my soul My sin, oh, the bliss of this glorious thought My sin, not in part but the whole, Is nailed to the cross, and I bear it no more, Praise the Lord, praise the Lord, o my soul It is well (it is well) With my soul (with my soul) It is well, it is well with my soul It is well (it is well) With my soul (with my soul) It is well, it is well with my soul

Psalm 23

The Lord is my shepherd; I shall not want. 2 He makes me lie down in green pastures. He leads me beside still waters.[a] 3 He restores my soul. The word 'soul' appears 94 times in the Psalms, some of these in the Psalm titles.

Some observations:

- The soul has knowledge: (139:14)
- The soul can be saved: (3:2)
- The soul experiences emotion (many citations)
- The soul can be talked to (many, 42:5, is perhaps best known), and thus it listens
- The soul needs restoring (23:3)
- The soul is different from the body (31:9)
- Although evidently distinct from the body, the soul can be killed (22:20)

Deuteronomy 4:9 (ESV)
9 "Only take care, and keep your soul diligently, lest you forget the things that your eyes have seen, and lest they depart from your heart all the days of your life. Make them known to your children and your children's children—

Hebrews 13:17 (ESV)
17 Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you.

Mark 8:36-37 (ESV)
36 For what does it profit a man to gain the whole world and forfeit his soul? 37 For what can a man give in return for his soul?

What does the word Soul mean to you?

How do people you know use the word soul?

The soul is that aspect of your whole being that correlates, integrates, and enlivens everything going on in the various dimensions of the self.

The soul is the life center of human beings."

"If your soul is healthy, no external circumstance can destroy your life. If your soul is unhealthy, no external circumstance can redeem your life." Dallas Willard

What are some of the ways we can care for our Soul?

What are the obstacles to Soul Care and how have you over come them?

Every leader has four directions of Soul Care that he's responsible for:

- Self-care
- Care for those he's accountable to. This is frequently neglected but there's lot of it in the NT.
 - Care for his peers
 - Care for those he's responsible for.

Lets think through the specific kinds of care and practical implications for each of the four directions.