

# Soul Care Revisited



# Week 1 Why Soul Care?

*"The soul is the immaterial part of a human being that can respond to other people. In Greek the word for "soul" is psyche from which we get the word psychology. The soul involves the mind and emotions. It gives us the capacity to relate to others and to form bonds. It is our souls that respond to beauty and high ideals. People with healthy souls are capable of forming meaningful relationships, and people with unhealthy souls find it more difficult. Soul care is the attention given to healing a wounded soul or maintaining a healthy soul. In a Christian context, soul care is often linked to finding help to overcome temptations, fight addictions, and have peace with God."*

*Source: GotQuestions.com*

*Icebreaker: On a scale from 1-10 (10 being the highest and 1 being the lowest), how intentional are you about seeking care for your own soul? Explain your answer.*

## **Read Matthew 16:26 and discuss the following:**

*What does this verse teach us about the value of a person's soul?*

*How does it make you feel to know that your soul is invaluable? How does that impact your view on the need for soul care?*

## **Read Psalm 42:5-6, Mark 12:30, 1 Thessalonians 5:23, and 3 John 1:2, then discuss the following:**

*Based on these verses, what are some reasons to pursue soul care?*

*Do you think most Christians actively and regularly care for their own soul? Why or why not?*

*How does the gospel of Jesus Christ remind us of our need for soul care?*

# Week 2 Soul Care and God

*Icebreaker: There is no true soul-care apart from God. Do agree with that statement? Why or why not?*

**Read the following verses: Genesis 2:7\*, Psalm 23:1-4, Matthew 11:28-30 and 1 Peter 2:24-25**

*\*The word "creature" in Genesis 2:7 is translated from the Hebrew word for "soul." i.e., became a living soul.*

**Discuss the following:**

*Based on the verses we just read, what are some ways God cares for our soul? What are some other ways God cares for our souls (besides the verses we just read)?*

*In what way(s) have you recently experienced God caring for your soul?*

*Why is it so important for our soul care journey to begin with God instead of trying to do it on our own?*

*What do you feel your soul needs the most from God right now? Explain your answer.*

*What is one step you can take right now to begin seeking soul care from God?*

# Week 3 Soul Care and Rest

*Icebreaker: What comes to mind when you think of “rest” or “resting”?*

**Read the following verses: Genesis 2:1-3, Exodus 20:7-11, Psalm 4:8, Matthew 11:28-30, Mark 6:31**

**Discuss the following:**

*Based on the verses we just read, work together to develop a biblical definition for the word “rest” in the earthly context.*

*How is the biblical definition of “rest” in the earthly context different than how we usually define “rest?”*

*In what areas of your life does your soul need rest right now?*

*What challenges have you faced when it comes to getting rest for your soul?*

*What are some solutions that can help us overcome our challenges to getting rest for our soul?*

*How does God provide rest through the gospel of Jesus Christ? (cf. Matt. 11:28-30)*

*What is one step you can take right now towards getting more rest for your soul?*

# Week 4 Soul Care and Others

*Icebreaker: Have you ever provided or received soul care in the context of Christian community? If so, share your experience with the group.*

**Read the following verses: Proverbs 16:24, Galatians 6:1-2, Ephesians 4:32, Hebrews 10:24-25 and James 5:14-16.**

**Discuss the following:**

*Based on the verses we just read, what role(s) does church community play in soul care?*

*What are some barriers to **receiving** soul care from others? What are some barriers to **providing** soul care for others? What are some solutions to overcoming those barriers?*

*What are some practical ways to help provide soul care in our church community? (Refer to the verses above if necessary)*

*What is your biggest personal take away from this lesson on receiving/providing soul care in the church community?*

*What is your biggest personal take away from this curriculum on revisiting soul care?*