



Soul Care
PERSONAL RETREAT

SOUL CARE

A Clean Heart

Suggested schedule:

9:00 - 9:30	Prep Time
9:30 - 10:30	Diving Deeper
10:30 - 11:15	Making it Practical
11:15 - 12:00	'Practice' Time & worship
12:00 - 1:00p	SOUL CARE DEBRIEF - Share with someone what God has spoken to you today.

9:00 - 9:30 Prep Time

Find a quiet place that will allow you to focus on God. Here's a couple of leading questions to start you off:

- 1 Are there any circumstances preventing you from being completely present with Jesus right now? Take a minute to offer those up.
- 2 What can you be thankful for today? (Include areas you don't normally give thanks for - things that aren't the usual first responses.) Dig deeper. Take some time to be thankful.
- 3 Prep for your time with God today.

9:30 - 10:30 Diving Deeper

'The most important thing in your life is not what you do; it's who you become. That's what you will take into eternity. You are an unceasing spiritual being with an eternal destiny ... ' (Dallas Willard, Pg. 23, "SOUL KEEPING")

***'Our soul's problem is not its neediness; it's our fallenness. Our need was meant to point us to God ... idolatry is the most serious sin in the Old Testament ... it is ... the sin beneath the sin. Anytime I sin, I am allowing some competing desire to have higher priority than God and God's will for my life. That means I have put something on a pedestal higher than God.'* (Pg. 83, "SOUL KEEPING")**

- 1 Read **Psalm 51**.
- 2 In this great Psalm of both confession and deep soul-vulnerability and openness, what spoke to you? Which verse(s) or phrase(s) stuck out to you?
- 3 Reflect on some of the words David uses here — i.e. 'a clean heart' — 'a willing spirit.'

Maybe there's a moment of confession right now to re-align your life and heart with a Holy God. Let God speak to you here — let Him take you in His direction.

- 4 Read Luke 9:23, 24.
How is the 'nitty-gritty' of your life displaying this?

'It is in some ways more troublesome to track and swat an evasive wasp than to shoot, at close range, a wild elephant. But the elephant is more troublesome if you miss.' (C.S. Lewis)

- 5 Read John 10:11, 17-18

Right choices are an essential component of SOUL KEEPING. Jesus modeled it. His expectations for His followers was not that they would occasionally make a sacrificial choice, but that sacrificial choices would become a lifestyle.

How is this idea fully alive in you? How is it related to the keeping of your own soul?

- 6 MEDITATION & PRAYER, as God directs you.

10:30 - 11:15 Making it Practical

'You must arrange your days so you are experiencing contentment, joy and confidence in your life with God - that and that alone is what makes a soul healthy.' (Dallas Willard)

- 1 How well are you doing each of these?
Not much 1 2 3 4 5 6 7 8 9 10 **Doing great**

- ___ Slow down
___ Look up
___ Lean in.
___ Listen.
___ Faithfully keep your soul.
___ Every day.

- 2 Read **Psalm 1**.
This Scripture is the amazing and awesome evidence of a soul staying on track with God.

- 3 MEDITATION & PRAYER, as God directs you.

11:15 - 12:00 'Practice' time & Worship

***'He requires not great matters of us; a little remembrance of Him from time to time, a little adoration; sometimes to pray for His grace, sometimes to offer Him your suffering, sometimes to return Him thanks ... to console yourself with Him as often as you can. Lift up your heart to Him ... the least little remembrance will always be acceptable to Him. You need not cry very loudly; He is nearer to us than we are aware of.'* (Brother Lawrence)**

1 Read **Isaiah 26:3** and **Colossians 3:2**

The word for 'gratitude' in Hebrew is 'hikarat hatov,' which means 'recognizing the good.' How would you scale yourself on your ability to consistently recognize the good, regardless of circumstance?

1	2	3	4	5	6	7	8	9	10
<i>I rarely recognize the good</i>								<i>I can always recognize the good</i>	

***'Gratitude will not come from acquiring more things or experiences, but from more of an awareness of God's presence and His goodness. It's a way of looking at life, always perceiving the good.'* (Pg. 166, "Soul Keeping")**

2 Spend some time worshipping God for who He is.

3 If your future —even into eternity — is a natural extension of your life and faith now, what kinds of things need to begin being true now in order for you to grow into that 'as in heaven, so on earth' life?

4 MEDITATION & PRAYER TIME, as God directs you.