

WHAT I LEARNED ON SABBATICAL

Life Changes

Bottom line:When your soul is healthy, whatever life throws at you, you take it in stride with PEACE, TRUST and GROWTH occurring naturally.

What is your soul?

What is running your life at any given moment is your soul. Not external circumstances, not your thoughts, not your intentions, not even your feelings, but your 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. -- Dallas Willard

How does the world we live in keep us from attending to our soul?

A Parable of the Soul

Mark 4:3-9, 13-20 (NIV) *"Listen! A farmer went out to sow his seed.⁴ As he was scattering the seed, some fell along the path, and the birds came and ate it up.⁵ Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow.⁶ But when the sun came up, the plants were scorched, and they withered because they had no root.⁷ Other seed fell among thorns, which grew up and choked the plants, so that they did not bear grain.⁸ Still other seed fell on good soil. It came up, grew and produced a crop, some multiplying thirty, some sixty, some a hundred times."⁹ Then Jesus said, "Whoever has ears to hear, let them hear."¹⁰ ...¹¹ Then Jesus said to them, "Don't you understand this parable? How then will you understand any parable?"¹⁴ The farmer sows the word.¹⁵ Some people are like seed along the path, where the word is sown. As soon as they hear it, Satan comes and takes away the word that was sown in them.¹⁶ Others, like seed sown on rocky places, hear the word and at once receive it with joy.¹⁷ But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away.¹⁸ Still others, like seed sown among thorns, hear the word,¹⁹ but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.²⁰ Others, like seed sown on good soil, hear the word, accept it, and produce a crop—some thirty, some sixty, some a hundred times what was sown."*

HARDENED Soul

SHALLOW Soul

CLUTTERED Soul

GOOD Soul

Conclusion: It's easy to neglect your soul, many times not intentionally. Let's pay attention, grow and enjoy life at a new level.

Additional Notes:

scriptures that relate

Monday: Mark 1 Wednesday: Mark 3 Friday: Mark 5
Tuesday: Mark 2 Thursday: Mark 4 Saturday: Mark 6

small groups—talk it over

1. What life changes have you gone through in the last year?
2. Why is it so easy to neglect your soul?
3. In what areas of your life have you settled for far less than you should?
4. Is your life Hard, Shallow, Cluttered or Good soil?
5. What would be a positive step?

Nikki's prayer requests

Monday: Pray for an awareness of God's leading as the team plans future weekend services.

Tuesday: Pray that our congregation will spend time with Jesus during the week.

Wednesday: Pray that we will imagine what is possible with God and His power.

Thursday: Pray for good health for our weekend volunteers.

Friday: Pray for a good day of rest.

Saturday: Pray that we will be aware of the Holy Spirit's presence during our worship services.