

Following Jesus - like railway or parallel tracks of apparent contradictions, simultaneous:

- sorrows and joys Romans 12: 15
- die to truly live
- poor in spirit to be rich in his kingdom Matthew 5: 3
- experience his power in our weakness 1 Corinthians 12

PRACTISING SOUL CARE IS ESSENTIAL TO GROW IN WELL-BEING AND FRUITFULNESS

Highlights for you from the session?

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What will you commit to do different?

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What actions will you take to practise essential soul care?

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What support do you need?

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Resource and recommendations:

The Bible

"Be Still My Soul" – Traditional on YouTube

Bill Hybels, Too busy not to pray

Omar Djoeandy, Redefining Success – email omar.djoeandy@sim.org.au

Practising soul care towards fruitfulness

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How is your soul overall? Feel your soul 'pulse'? Give yourself a score:

1 Suicidal In Hospital	2	3 "Clinical" e.g. depression	4	5 Wobbly Teetering	6 Surviving	7 OK Managing	8 Thriving Zest	9	10 "Best" All is Well
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What refreshes your soul?

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What drains your soul?

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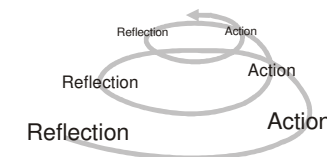
Identify some areas where you have been practising good soul care:

FOUNDATION:

1. God is a good Father, knows us and our needs.
2. Being God's child and following Jesus are foundational to good soul care.
3. Well-being:
 - knowing God intimately and being His child - trust and surrender; identity and security - 3 John 3; Romans 8: 1,2; 28, 29; 1 John 3: 1-3; , Luke 10:17-20.
 - to be fruitful, effective follower of Jesus - Mark 1:16-18; John 15: 16; Acts 1: 8; 2 Peter 1: 5-8

4. Overcoming the whirlpool of self-absorption

Not a formula but some principles and guidelines to be applied:



Practising Soul Care Towards Fruitfulness

Well-Being & Fruitfulness

Soul Care

- Silence and Solitude
- Seek and Listen to God
- Synergy with others
- Sport
- Success – Redefine
- *Your Practise?*

- Harmony
- Effectiveness
- Joy
- Enthusiasm
- Longevity
- Community

Busyness

- Voices
- Distracted
- Discouraged
- Distressed

Ill-Health

- Burnout
- Breakdown
- Bitterness
- Barrenness
- Isolation