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# Real Change?

## Part 2 - Soul

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How do we move from information, intention and inspiration to action, implementation and personal change?

We are constantly challenged by the world around us as to what's the most important, and what's the most significant thing to each of us. What do we do with what we have?

We want to take the Kairos time presented to us by God right now.

*And behold, a lawyer stood up to put him to the test, saying, "Teacher, what shall I do to inherit eternal life?" He said to him, "What is written in the Law? How do you read it?" And he answered, "You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbour as yourself." And he said to him, "You have answered correctly; do this, and*

*you will live."* Luke 10:25-28 (ESV)

The Shema - an ancient Israelite prayer from Deuteronomy 6.

"Do this and live"

### The Soul

It's not instantly easy to define, yet it's vitally important, and mentioned enough throughout the scripture that we should address it!

What is 'in' our souls?

The aspects of life that are soul functions are things like: art, sleep, sex, ritual, family, parenting, community, health, work ...

*"The state of the soul is seen in our thoughts, feelings, social relations, behaviours and choices that have or make." - Dallas Willard*

## **What Does Scripture Say?**

Greek: *'psuche'* – where we get the word *'psyche'*.

Hebrew: *'nephesh'* – it comes from the root ideas of breath, or even throat, and because it presents life, it kind of refers to the whole person. But it holds that idea of the force and purpose of existence.

We come back to the idea that all the 'me' that I know to be 'me' is worshipping God.

## **Broken Souls**

Matthew 16:26

1 Peter 2:11-12

Romans 13:14

## **Setting It Right**

God is interested in you, who you are, who you say you are, who you think you are, and what you hold to be true about you.

## **No Longer Slaves**

Matthew 9:35-38

1 Thessalonians 5:23

1 Peter 5:5-7

## **Resurrection Power Brings Change**

Matthew 11:28–30 (ESV)

## **How Do We Find Rest For Our Souls?**

Soul searching:

Location: keep it to you, but address your interior person.

Nature: this needs to be done in honesty.

Guide: Holy Spirit needs to be the guide. He brings light, clarity, conviction and restoration.

## **Reflect**

Psalm 42

## **Discussion Questions**

1. What makes your soul feel alive?
2. What makes your soul feel threatened, subdued, lacking life?
3. How, in the past, has your identity been affected by external factors?

4. How has it been affected by God and what He says to be true about you?
5. How would other people describe the state of your soul, from their observations of your life, behaviour, relationships and choices?
6. Have you ever felt like you are in a battle for your soul? What did that feel/look like?
7. What does it mean to have Jesus set our identity as a child of God?
8. What impact does that have on your soul?
9. What would it look like for you to accept Jesus' invitation to rest and His way of life (from Matthew 11:28-30)?
10. Spend some time re-reading aloud Psalm 42. Let your soul find resonance with it.
11. Spend an extended period of time 'soul searching' (See previous notes). Let Holy Spirit guide you to the broken, damaged or tender parts of your soul. Ask Him what He has to say about that, and let Him soothe and bring healing to those parts.
12. If you are meeting in a group, spend some time praying for one another, encouraging each other to walk in the identity that Jesus has given us.