

## “How Healthy Is Your Soul?”

January 27, 2019

- Our soul is the deepest part of us—connecting us spirit, mind/emotions/will, and body
- Jesus loves our soul (“*When He appeared—the soul felt its worth*”- *O Holy Night*)
- He wants our soul to “*prosper*” (3 *John 1:2*) Lit.- “*a successful journey*”

CORE: The HEALTH of our soul determines the SUCCESS of our journey.

(*Mark 4:1-20*- “The Parable of the Soils” is a story of the condition of our SOULS)

- The sower & the seed are constant—the soil is the variable
- Condition of the SOUL determines how we receive the SOWER & His SEED
- *Mark 4:13*- “*Understanding this parable*”—foundational to receiving Him

Jesus addresses 3 Unhealthy Soul Conditions:

### 1. THE HARDENED SOUL

Like soil “*along the path*”—this soul has been “walked on”—leaving the person HURT, DISAPPOINTED, and can lead to becoming CYNICAL & BITTER.

- In Scripture, many of those with “hardened souls” were offended by family (*i.e., Cain & Abel; Jacob & Esau; Joseph & his brothers*)
- “HURTNESS” unhealed becomes HARDNESS!
  - Unteachable
  - Defensive (Hard to admit wrong or need or ignorance)
  - Quick to see faults in others—not in themselves
  - Hear FOR others—not for themselves
  - Hardest souls are often the most FEARFUL—don’t want to be hurt again!
- We can GUARD our heart w/o HARDENING it: “*Jesus would not entrust Himself to them, because He knew what was in them.*” (*John 2:24*) “*Don’t give your dogs what is holy...*”
- TENDERHEARTS never forget they too have been forgiven: “*Be tenderhearted, forgiving one another, just as God in Christ forgave you!*” (*Ephesians 4:32 ESV*)

### 2. THE SUPERFICIAL SOUL

Like thin topsoil—this soul becomes shallow—good things started, but they are not sustained.

- The need of our soul is DEPTH—our soul is the DEEPEST PART OF US!
- “*As the deer pants for water—so my soul longs for You...deep calls to deep*” (*Ps. 42*)
- My soul is “shallow” when my thoughts, concerns, & interests go no further than myself.
- People with “shallow souls” hurt those who love them & long to connect with them!
- A DEEP SOUL:
  - Has the CAPACITY TO UNDERSTAND & EMPATHIZE with others
  - Lives beyond the moment—with the AWARENESS OF ETERNITY
  - Meditates & ponders—moves from INDIFFERENCE to AWE

GOD HAS A SOUL—the One with the deepest soul—calls us out of “shallow” living!

[There are more than 20 passages in Scripture referencing His soul]:

- “I will make My dwelling place among you, and My soul will not reject you!” (Leviticus 26:11)
- He spoke over Jesus: “This is My Son whom I love! With Him, My soul is well pleased!” (Matthew 12:18)

DEEP SOULS don’t live for the MOMENT—but for the MOMENTUM!

### 3. THE CLUTTERED SOUL

Like a field infested with “thorns,” things choke the life out of this soul. *Worries, distractions, and the deception of temporary “fixes.”*

- Paul warned: “Don’t get drunk with wine—it leads to debauchery.” Ephesians 5:18
- “Debauchery” is the NT word “asotia” or “a-sozo”; Sozo (salvation) is “to make whole in every realm”; the opposite is to divide, shatter, disintegrate.
- Western advertising likes the phrase: “Fast, temporary pain relief.” We can use lots of things to mask the pain of separation from God & division within ourselves.
- Whether “drowning our sorrows” chemically or cluttering our lives with external activity—we can be dead internally (without stopping to notice it)!
- Simply stated, **in the middle of “addictive activity”—we can lose our soul!**
  - Corrie ten Boom: “If the devil can’t make us bad—he will make us busy.”
  - Ray Romano- lived in his parents’ basement until he was 29; by end of “Everybody Loves Raymond” sitcom’s run he became highest paid actor per episode in television history! Final night he read to audience a note his brother had put in his luggage 9 years earlier when he moved to NYC. Tearfully he read: “What does it profit a man if he gains the whole world and loses his soul?”

### CLOSING THOUGHTS

- Healthy souls require:
  - Exclusive time alone with God- “I stand silently to listen for the One I love, waiting as long as it takes for Him to rescue me. For He alone has become my Savior.” (Psalm 62:1)
  - Inclusive time with honest, trusted friends. “Confess and acknowledge how you have offended one another to be instantly healed, for tremendous power is released through the passionate, heart-felt prayer of a godly believer.” James 5:16 TPT