

“The Care & Feeding of Your Soul”  
February 3, 2019

*3 John 1:2- “Beloved friend, I pray that you are prospering in every way, and that you continually enjoy good health, just as your soul is prospering.” (i.e., a successful, thriving journey—a healthy course set by having a healthy soul!)*

**CORE:** We have a **responsibility** to **take care of our soul**—the deepest part of us—that **integrates who we are** and **who we’re becoming!**

### **HEALTHY HABITS for your SOUL:**

#### **1. DEVELOP A HEALTHY RHYTHM**

*Psalm 90:12- “Teach us how to number (order, appoint) our days, that we may have a heart filled with wisdom.”*

*Romans 12:1-3- “Present your bodies as living (thriving) sacrifices...don’t think more highly of yourself than you ought to think...use sound judgment.”*

- Don’t over-commit!
- The thought: “if I don’t do it—it won’t get done” does not apply to every situation!
- Treat your soul and your body like a checking account—don’t overspend!
- If you tend to over-commit—think “we” rather than “me.”
- Remember, “Burnout is giving out more than you’re taking in!”
- When you have over-committed, ask yourself:
  - “What am I doing that someone else is called/gifted to do?”
  - “Is this a ‘good’ opportunity—keeping me from the ‘best?’”
  - “What opportunities clearly require my investment & coincide with my calling?”

#### **2. BE HOPEFUL**

- Instead of “imagining the worst” —picture how God will intervene.
- Visit your “memorial stones of breakthroughs” vs. the “trenches of disappointments”

*Philippians 4:4 & 8 TPT- “Be cheerful with joyous celebration in every season of life. Let joy overflow, for you are united with the Anointed One!... keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising Him always!”*

#### **3. LEARN FROM YOUR MISTAKES**

- As we process past failures with Father—He turns them into wisdom!

- *“Inquiring in His temple” (Psalm 27:4)* is submitting to His counsel. It is not interrogating or accusing Him.
- Godly people who have impacted the world—learned to honorably & honestly talk with God.

#### 4. QUICKLY RELEASE OFFENSES

- How much relational pain would be removed by simply obeying Jesus:
  - When we’ve been offended (Matthew 18:15)
  - Or when someone has offended us (Matthew 5:23)
- *“Go to your brother/sister”*—stop talking to the wrong people!

#### 5. RESPECT YOURSELF

- It’s part of life that not everyone will like you—forgive them, love them, pray for them
- But if you have an inordinate amount of people who abuse you—maybe you don’t like “you.” You can send the message: *“Hate me—everyone else does.”* (NOTE: You can become your own piñata at your self-pity party—handing out sticks to anyone)
- You’ll surround yourself with people who punish you—if you don’t respect “you!”

#### 6. LIVE TO PLEASE THE LORD (Ephesians 5:10)

- *“Let everyone be devoted to fulfill the work God has given them to do with excellence, and their joy will be in doing what’s right and being themselves, and not in being affirmed by others.” Galatians 6:4 TPT*
- Then you won’t be manipulated by the people you strive to please AND you’ll love them purely—with no agendas!
- Remember—miserable people always look for someone to blame for their misery (AND you can never please them anyway)!
- At the end of the day—knowing your Father is pleased—it won’t matter who you’ve displeased!

#### 7. LEARN TO LAUGH AT YOURSELF

- We need to laugh more—it’s a healing *“medicine”* (Proverbs 17:22)
- It’s *“foolish”* to constantly compete & compare ourselves (2 Corinthians 10:12)
- Paul called himself *“the worst of sinners”* (1 Timothy 1:15)—not that he took a survey! He was refusing the “comparison game”—choosing to appreciate the grace he received!
  - “Perfectionism” is striving to be “the best”
  - “Excellence” is giving your best—and finding rest...
- ...and not taking yourself too seriously!