

“Healthy Soul Food”  
February 10, 2019

**CORE: Our soul**—the deepest part of us—**longs to be healthy.**

*“In an anxious world—make understanding your soul a priority!” -Danny Silk*

### 1. Our Soul Thrives in His Presence

*“Our soul’s deepest desire is for God. Our soul will simply never be satisfied without Him.” -John Ortberg*

*Psalm 84:2- “My soul longs, yes, faints for the courts of the Lord; my heart and flesh sing for joy to the living God.” (ESV)*

- *“Longs/faints”- all other desires “pale” compared to the deepest longing inside me (i.e., “My life would be meaningless without You!”)*
- *“Sing for joy”- an uninhibited shout—indifferent toward the opinions of others (i.e., the utter joy of finding what was longed for)*

*Psalm 84:2 TPT- “Deep within me are these lovesick longings, desires and daydreams of living in union with you. When I’m near you my heart and my soul will sing and worship with my joyful songs of you, my true source and spring of life!”*

The deepest places in our soul only find their fulfillment in Him. When we try to put others in the place only He can fill (*i.e., our “God spot”*):

- Our relationships are dysfunctional—manipulating others to be what only He can be
- We live in constant disappointment—severing relationships & blaming others
- We isolate ourselves—distant & defensive, unable to form deep, lasting connections

Listen to this wise admonition from Peter (*1 Peter 4:19*):

- *“Entrust your souls to a Faithful Creator.” (ESV)*
- *“Commit the keeping of your souls to Him.” (KJV)*

### 2. Our Soul Thrives on Life-giving Words

*Psalm 43:5- “Why, my soul, are you so downcast? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Savior and my God!”*

Establishing our soul in Father’s love—ends the tyranny of our emotions.

*“When I speak to my soul, ‘Why are you so (angry, depressed, fearful, etc.), o my soul?’ it actually changes my brain!” -Dr. Caroline Leaf from “Who Switched On My Brain?”*

### 3. Our Soul Thrives in the Climate of Faith

1 Peter 2:25- *“For you were like sheep going **astray** (to be **deceived & defrauded**), but now you have returned to the Shepherd and Overseer of your souls.”*

As our souls connect with Jesus, He *“authors”* fresh faith in us—deepening our trust in Him.

The more we cooperate with Him—the more His faith operates deeply in our soul!

*Psalm 63:8 TPT- “With passion I pursue and cling to you.  
Because I feel your grip on my life, I keep my soul close to your heart.”*

### 4. Thriving Souls Inspire Others to Thrive

*“The main thing we give to the people around us—is the person we become!” -Dallas Willard*

*“We were well pleased to share with you, not only the Gospel of God, but also our own souls!” 1 Thessalonians 2:8 NASB*

We often pray: “Make us one!” But Jesus already did that! Before the cross, He prayed, *“Father, make them one!” (John 17:21)*. On the cross—it happened! Now, *“there is one Body!” (Ephesians 4:4)*.

Therefore, what I do—affects you!

If I’m unhealthy—I could infect you! When I’m healthy—I will inspire and refresh you!

Simply stated: Healthy souls bring life (not death) to those around us!

### CLOSING THOUGHT

Luke 12- Jesus taught RE: how much God values our soul. One day we will give an account of what we’ve done with our soul!

- Don’t let the *“minor issues of life”* distract you from the fact that *“you are more valuable to God than anything else in the world” (Luke 12:7)*.
- When people resist you because you follow Me, even falsely accuse you: *“Don’t be troubled. Don’t worry about defending yourself. Simply be confident and allow the Spirit of Wisdom access to your heart. He will reveal in that moment what you are to say.” (Luke 12:11,12)*
- As Jesus was saying this, two brothers interrupted Him—each wanting their *“fair share”* of the family inheritance!
- Jesus responded with a story:
  - A farmer had a bumper crop and a huge cash flow come his way.

- Without a second thought, he decided to accumulate more goods than he would ever need in order to guarantee a life of ease for himself.
- Before the dust could settle on his completed “project”—Jesus said, “*You fool* (i.e., “fools” are those who live without thought of consequence or impact on anyone beyond themselves)! *How foolish for you to trust in riches and not in Me! This very night your soul is required of you!*” (Luke 12:20)
- NOTE: The phrase “*required of you*” was a business term meaning a loan had come due.
- Our soul is on loan from God!
- The battle between our soul and our spirit must be settled in His presence!

*“When our soul is not under the rule of our spirit—aligned with the Holy Spirit—it is impossible to become continuously confident.” -Graham Cooke*