



SOUL CARE: PART 5: RENEWING THE SOUL, WEEK 1 OF 2

February 2, 2020

Pastor Brad Williams

BIBLICAL TEXT(S)

MAIN TEXT(S):

*1 Samuel 9:1-2; 1 Samuel 11:5-6; 1 Samuel 13:9-13; Psalm 62:1; 1 Samuel 15:19-22;
Proverbs 4:23-27*

SUMMARY

King Saul in the Bible is a great example of what can happen to a person who doesn't care for their soul. Saul's story starts out well. He's tall, handsome, and anointed by the Spirit of God. He's humble and seeks after justice. However, as time goes on, things start to unravel. He's impatient. He doesn't listen to God's commands and does things his own way.

The same things can happen to us if we don't take the time to care for our souls. Our souls are fragile things. They need rest. They need to be protected. They need to be centered in Christ. Only when our souls are well cared for can we keep from being overcome by the sin that surrounds us in this world. It's only through caring for our souls that we can really live out the Gospel, obeying God out of trust and love rather than fear.

DISCUSSION QUESTIONS

These questions are designed to help you lead your group through a progression of engagement with the Bible passage and the speaker's message, helping them understand and apply the teaching.

LEAN IN

These are icebreaker/warm up questions, mostly just to get the group talking and start the flow of conversation. Choose one question and talk it over for 5-10 minutes.

1. Have you ever tried to go back to work/normal life too quickly after an illness or surgery?
What happened?
2. What do you think of when you hear the word "care"?
3. Does the word "obey" have a positive or negative connotation in your mind?
Why do you think this is?
4. What was your high/low for this past week (or since the group last met)?
What was the best thing that happened and the worst thing that happened?

LOOK DOWN

These are questions on the passage and observations about what's been read. Spend about 15-20 minutes on three questions max

1. How is Saul described in 1 Samuel 9:1-2? What do you learn about him from 1 Samuel 11:5-6?
2. What character flaws are exposed in Saul in 1 Samuel 13:9-13?
3. What do you learn about the soul from Psalm 62:1?
4. What do you learn about Saul's character from 1 Samuel 15:9-22?
What do you learn about God?
5. What commands are given in Proverbs 4:23-27? How do you think these commandments are related to one another? How do you think these commandments are related to soul care?

LOOK OUT

These questions help connect the world of the Bible to today.

Spend about 15-20 minutes on three questions max

1. Have you known anyone (or know of anyone) like Saul whose life just slowly unraveled? From the outside looking in, what do you think caused this to happen?
2. What do you think it looks like for the soul to rest? What are forces in our world that keep us from allowing our souls to rest?
3. How do people in our world (Christians and non-Christians) try to appease God as Saul did, not by obeying but by trying to make restitution after the fact? Is this what God desires? Why or why not?
4. What do you think it looks like to guard your heart in our present world? What does it look like to have Christ at the center of your life?
5. Based on the passages above and Sunday's sermon, why do you think obedience to God is important to our souls? Is this similar or different to how you have viewed obedience in the past?

LOOK IN

These are questions that help you consider personal application.

Spend about 15-20 minutes on three questions max

1. On a scale of 1-10, with 10 being great and 1 being awful, how would you rate yourself on caring for your soul? Based on these passages and sermon, how might you better care for your soul?
2. What keeps you from finding rest for your soul?
3. Do you obey God out of fear or out of love? How have your thoughts on obedience changed through these passages and this sermon?
4. On a scale of 1-10 with 10 being great and 1 being terrible, how would you rate yourself on guarding your heart? How might you improve in this?
5. How has disobedience affected your soul in the past? How has this affected how you view obeying God?

LIVE IT OUT

These action steps help apply this week's message to day to day life.

Choose one question and talk it over for 5-10 minutes.

1. What can you do this week to better care for your soul?
2. How can your group pray for you this week as you seek to obey God out of love and trust instead of fear?
3. Does your soul need to be restored? How can your group pray for and/or encourage you in this week?

Thanks to Ashleigh Rich this week for notes and questions, as well as Charissa Burns (@charissaburnsstudio on IG) for her illustrated notes.

RENEWING THE Soul

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-Needs of soul-

Wholeness
fullness
freedom

we frequently try to get to these in the wrong ways.

This happens to us & people we know. It is the story of **AN UNKEPT SOUL.**

How do you turn it around?
How do we restore our soul?

I Samuel 9:1-2, 11:5-6

- The people of Israel want a king.
- Samuel is the judge/prophet who is to find & announce the king.
- chapter 9 announces Saul & goes to describe the events of Saul becoming king.
- Saul starts with humility. He moves forward with the confidence that God called him.
- An issue of justice arises and the Spirit of the Lord comes upon him and he burns with anger. And there is victory.
- But Saul's life spirals. He ends up with his life ending in horrible tragedy.
- How does Saul end up like this? How did it HAPPEN?

① The SOUL is renewed through **CARE**. I Samuel 13:9-13 & this takes time.

we need REST for our soul

- care is how we approach something or the attitude we have about it.
- the intentional awareness that our soul is important & fragile.

↳ We can't force our soul to renewal

② The SOUL is renewed through **PROTECTION**. ↳ our souls can be wounded.

"Religion says I 'obey', therefore I am accepted. The Gospel says I am accepted, therefore I 'obey'." - Timothy Keller

- there are stimulus that are wounding our souls. I Samuel 15:19-22
- To obey is better than sacrifice. God cares about our souls, more than his reputation.
- you sacrifice because you know you've done something wrong. ↳ sin has a disintegrating effect on our souls
- "Sin is both fatal & fertile" - Cornelius Plantinga
- Proverbs 4:23-27 - Pay attention to obeying - Protect your soul!

③ The SOUL is renewed through/by **Centering in CHRIST.**

- Where will your center be? ...find your value? Whose voice will you listen to?
- Do we TRUST God enough to hear the truth even if it's uncomfortable?
- Renewal begins in our soul when we place Christ at the center. ↳ we begin to go deeper & it is beautiful!