

As each has received a gift, use it to serve one another, as good stewards of God's varied grace.

1 Peter. 4:10 NIV

**Service is not something we do,
Service is the overflowing result
of who we are.**



Soul Care

Tyler Hannel

**“I joined the worship team,
and I came alive” - Nate C.**

“If you find yourself with a desire that no experience in this world can satisfy, then the most probable explanation is that you were made for another world.”

- C.S LEWIS

How is your soul today?

Do you know why?

How to Build a Strong + Healthy Soul

A Healthy Diet

(Belonging + Receiving + Gathering)

And they were selling their possessions and belongings and distributing the proceeds to all, as any had need. And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts.

Acts 2:45-46

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Hebrews 10:24-25

**The Enemy of a Healthy Diet is
*Isolation.***

Consistent Exercise

(Servicing + Giving + Encouraging)

A generous person will prosper; whoever refreshes others will be refreshed.

Proverbs 11:25 NIV

**The Enemy of Consistent Exercise is
*Busyness.***

Busyness

1. Lies to us that we don't have time for what is important.

Busyness

2. Blinds us to what is most important.

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From the fruit of their mouth a person's stomach is filled; with the harvest of their lips they are satisfied. The tongue has the power of life and death, and those who love it will eat its fruit.

Proverbs 18:20-21 NIV

REST

(Connecting + Restoring)

Now when David and his men came to Ziklag on the third day, the Amalekites had made a raid against the Negeb and against Ziklag. They had overcome Ziklag and burned it with fire and taken captive the women and all who were in it, both small and great. They killed no one, but carried them off and went their way. And when David and his men came to the city, they found it burned with fire, and their wives and sons and daughters taken captive.

1 Samuel. 30:1-6 ESV

Then David and the people who were with him raised their voices and wept until they had no more strength to weep. David's two wives also had been taken captive, Ahinoam of Jezreel and Abigail the widow of Nabal of Carmel. And David was greatly distressed, for the people spoke of stoning him, **because all the people were bitter in soul,** each for his sons and daughters. **But David strengthened himself in the Lord his God.**

1 Samuel. 30:1-6 ESV

The Enemy of Rest is
Insecurity

Rest is not committing to doing less, it's doing more of what connects you to Him.

Rest is not taking a posture of passivity, it is the practice to renewing power.