

Outline – June 6, 2021
Psalm 23:1-3; Psalm 42:1-8
Knowing Your Soul

Who Are You (We)?

- I. **We are a triune being made by God, for God, in the image of God**
 - A. A creation wonderfully made
 - B. A body, a spirit, a soul

- II. **What is the soul?**
 - A. It's who we are
 - 1. Our personality
 - 2. Our intellect
 - 3. Our emotions
 - 4. Our awareness
 - 5. Our consciousness
 - 6. Our response/reactions
 - 7. Our ability to relate
 - 8. Our feeling/desires
 - 9. Our interest
 - 10. Our style

- III. **What does the Bible say about the soul?**
 - A. It is everlasting
 - 1. Your soul will exist somewhere forever (Luke 16:19-31)
 - B. It is "housed" in a body (2 Corinthians 5:1-9)
 - C. Our soul impacts our body and spirit - (Vice-versa) (1 Peter 2:11)
 - D. Jesus focused primarily on the soul (Matthew 11:29)
 - E. Our soul is valuable (Matthew 16:26)

- IV. **The diseases against the soul**
 - A. Doubt
 - 1. Lack of certainty
 - 2. Lack of assurance
 - 3. Lack of confidence
 - B. Depression
 - 1. Sense of hopelessness
 - 2. Sense of helplessness
 - 3. Anger turned inward
 - 4. Mind in a tunnel of pain – (Psalm 42:5) (despair)

- C. Anxiety
 - 1. What might happen
 - 2. What could happen
 - 3. Fear of what might be (worry)
- D. Guilt – what I've done
- E. Shame – what I've become
- F. Discouragement
- G. Disappointment
 - 1. Expectations of others not met
 - 2. Expectations of self not met

V. Great heroes in the Bible who struggled

- A. John the Baptist; Thomas the apostle - doubt
 - B. Elijah the prophet – depression
 - C. Judas – shame
 - D. Peter – guilt
 - E. Paul – disappointment
- (Demonic forces focus on these areas)

VI. So where do we find healing for the soul?

- A. Be real (authentic)
 - 1. With yourself
 - 2. With others
 - 3. With God
- B. Recognize our need for redemption
- C. Recognize need for restoration
- D. Recognize we need a relationship with Jesus
- E. Recognize we need revival
- F. Recognize we need to reimagine (vision)
- G. Resist the devil

VII. The results (symptoms) of a healthy soul

- A. Rejoice in His presence (my soul magnifies the Lord) (Luke 1:46)
- B. Reflect on His provision (thanksgiving)
- C. Rely on His promises
- D. Rest in His peace

VIII. Maintain your soul

- A. Know the power of your purpose
- B. Know the power of resilience
 - 1. Seeing setbacks as temporary
 - 2. Don't see pain as permanent
- C. Beware of Ants – automatic negative thoughts steal
 - 1. Challenge those thoughts
- D. Avoid substance abuse
- E. Connect in your relationships
- F. Focus on needs of others
- G. It's all about Jesus

Author And Finisher Of Our Faith

Protect, Provide For Your Soul