



Week 1: So(ul) Tired

Every human being is made up of four parts. We have a body, a mind, a will, and a soul. Jesus affirms this in the Greatest Commandment in Mark 12:30, “*Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.*” The heart represents our will and strength represents our body. His point is clear. We are to love God with our whole self. These are the four parts of our personhood, and while they are all equally important, our soul is first among equals. It’s what integrates the other parts of us to form our identity and it’s the only part of us that’s permanent. And for most people, it’s the part that gets the least attention. We cannot experience renewal without attending to our soul.

Discussion Questions:

1. The pandemic took something from nearly everyone, everywhere. What are some things you lost. Nothing is too small or insignificant if it was important to you. How has this loss made your soul weary?
2. Read Matthew 16:24-26. How is this statement contrary to what the world tells us? In what ways have you found Jesus’ words to be true in your own life? How is it possible to gain the whole world and yet lose your soul (or “life” depending on the version you’re reading)?
3. Why is self-denial so difficult? Why is it so good?
4. God created our souls to be needy so that we would have a constant desire for Him. But sin causes us to try to meet those needs with something other than God. What are some of those things for you (Ex: shopping, eating, drinking, etc.)? Did this make things better or worse? Explain. On the contrary, what are some healthy ways you’ve practiced soul care?
5. What’s one thing you can do this week to “deny yourself” in order to renew your soul?