

## **Soul Care**

### **Part 2: Getting Away with God**

#### **Looking good on the outside yet dead on the inside**

##### **SOUL CARE basics**

- **Key verse:** Psalm 34:8 “Taste and see that the Lord is good. Oh, the joys of those who take refuge in him!”
- **The Purpose:** To motivate God’s people toward developing healthy souls
- **The Goal:** Passionate Spirituality
- **The Result:** Fulfillment of God’s Mission--to enthusiastically introduce people to Jesus Christ and to help people live as Christ’s fully devoted followers
- **The Theme Song:** “From The Inside Out”

**Why?** Only a spiritually healthy church, with spiritually healthy families with spiritually healthy people can become a Church on a Mission.

**SOLITUDE:** To privately be one on One with God by purposely and intentionally withdrawing oneself away from the distractions and demands of the world to spend quality and quantity time with God

##### **Jesus’ Habit of Solitude**

- Mark 1:35
- Luke 6:12-13
- Matthew 14:22-23
- Matthew 26:36-44
- Luke 5:16

**If Jesus needed SOLITUDE, how much more do we?**

**Reasons for SOLITUDE**

- 1. To Get To Know God Better**
- 2. To Be Refreshed & Recharged**
- 3. To Listen to God**

**Result of SOLITUDE**

**A Healthy Soul--Solitude is Soul Care**

**Steps to SOLITUDE**

**Step #1: Schedule a daily spiritual retreat**

**Step #2: Find a special place of solitude**

**Step #3: Disconnect from the world**

**Step #4: Relax & Concentrate on God**

**Step #5: Connect with God in prayer, Bible reading & memorization, listening and meditation**

**SOLITUDE Suggestions**

- 1. Let little solitudes fill each day**
- 2. Schedule regular times of extended solitude**

**The BIG Solitude Excuse: "I'm Too Busy"**

- The health of your Soul is at Stake!**
- The health of your family is at Stake!**
- The health of our church is at Stake!**

**Solitude is a matter of PRIORITY**

**My NEXT Appointment with God**

**Date:** \_\_\_\_\_

**Time:** \_\_\_\_\_

**Place:** \_\_\_\_\_

**Solitude is Soul Care: "Be Still and know that I AM God.**

**Psalm 46:10**