



Group Discussion Guide: Soul | October 17, 2021

Begin with Scripture + prayer (5 minutes).

As you begin, start by spending a few moments in silence as a group.

[Why silence? Our world is so busy and distracted, and technology fills any gaps in between. With all that moving, it can be hard to hear others and hear the voice of God. As we gather, let's press pause and enter a moment of quiet so that we can hear what God is saying to us and through others.]

Once you've completed your moment of quiet, **re-read Mark 12:28-30**. After you've finished reading, pray to open your time together.

Recap your weekly devotions from last week (15 minutes).

- How was your time spent looking at your heart and desires since the last time we met?
- Did you experiment or try any of the three practices in the daily work? What was that like? Did anything stand out to you from that experience?
- Did you sense any invitations from God as a result of sitting with last week's devotions?

Read Scripture + debrief the sermon as a group (50 minutes).

- What resonated with you from the sermon this past weekend? What was new to you? Or what was something that struck you in a fresh way?
- If someone were to ask you, "How is it with your soul right now?" How would you answer that question?
- In his sermon, Tom quoted Christian philosopher Dallas Willard, "What is running your life at any given moment is your soul. Not external circumstances, not your thoughts, not your intentions, not even your feelings, but your soul. The soul is that aspect of your whole being that correlates, integrates, and enlivens everything going on in the various dimensions of the self. The soul is the life center of human beings." Do you agree or disagree with Willard's assessment of the human soul? Explain.
- How does this definition challenge your view of what the soul is? How did the definition of the soul that Tom brought differ from what you previously understood it to be? How is it different than mainstream culture's view of the soul?



- **Read Matthew 6:25, Mark 8:35, and Mark 10:35.** What do these verses say about the human soul? How is it depicted?
- Take a few moments to watch this video on the soul from Bible Project: https://www.youtube.com/watch?v=g_igCcWAMAM. How does this video enrich your view of how the Bible talks about the soul?
- Do you feel any disintegration in your soul? If yes, what do you think is contributing to that? If no, what habits and practices and thoughts help you to feel healthy and whole?
- In what ways do you sense the pace of life getting in the way of you having a soul at peace with God and yourself?
- What personal limitations have you not accepted that are causing discord in your soul?
- In his message, Tom mentioned “Our soul was designed to be fully satisfied in God, yet we often want more.” Do you find that your soul is satisfied most in God? Why or why not? What barriers keep you from doing so?
- What would it look like to find your soul’s entire satisfaction in God? Do you know anyone who is able to be fully satisfied in God? What is their life like?
- In this sermon, Tom also talked about how entitlement gets in the way of a having a whole soul. What areas in life are you acting out of entitlement than gratitude? What areas do you tend to be more grateful in than entitled in?
- Lastly, Tom mentioned how, “The soul was designed to follow God’s instructions, yet we doubt His ways are best.” What do you think happens to a soul that doesn’t align itself with God’s instructions for how to live? When have you felt a fracturing or disintegration of your soul because you didn’t abide by God’s instructions for your life? What consequences did that lead to?
- **Read Psalm 19:7.** What specific changes do you need to make to “refresh” your soul this week?

Go over the daily work for this week (10 minutes).

Don't forget that you can access daily work at thecreek.org/devotionals.

This week you'll have the opportunity to see if your soul is in harmony with God's design for your life.

You'll have daily reflections, Scripture, and questions to go over which should only take you about 10-15 minutes per day depending on how much time you put into it.



Like last week, there will be space in the group guide at your next group gathering to go over thoughts, insights, reflections, and challenges from these experiences.

Finish with intercessory prayer (5 minutes).

Like each week, finish your group session with prayer. You might designate someone in your group to write down everyone's prayer requests and then send them to the whole group for everyone to be praying about through the week.

- What is on your heart that you need prayer for?
- Who in your life needs prayer?

Have someone close in prayer.