

How did you take care of yourself today? Did you run a couple of miles to keep your heart in shape? Maybe, but how did you care for your soul? Maybe you didn't even think about that part of you. After all, our stomachs growl when they're hungry, our eyelids droop when we're tired, our muscles get stiff if we sit too long. Our bodies demand attention.

The soul keeps quiet. It doesn't scream in pain or announce a problem with a 102 degree fever. We may neglect the soul for a long time before it demands attention.

Jesus pointed out to His disciples that the soul is important when He said, *"What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?" (Matthew 16:26)*. Nothing in the world is more important than my soul. Yet how often I neglect this crucial part of me!

1. Your soul is the part of you that is eternal. A good haircut lasts about a month, but your soul lasts forever. God created this part of you to be with Him now and in heaven. Caring for the soul will reap eternal benefits.
2. The state of your soul affects the rest of your life. My soul may not announce it needs care, but when it's tired I feel pulled apart inside. I may be able to paste a smile on my face, but inside I'm dying. Life loses joy and meaning when my soul is worn. I'm not able to live life well.
3. A healthy soul will enable you to love and serve the people in your life. When our souls are weak, we crave attention, but when we spend time with the Savior and allow Him to fill our souls with His love, we are then able to look beyond our own needs and care for others.

Don't neglect your soul. Care for it by spending time with the One who loves you. Read God's Word. Listen for His voice. Ask Him to care for the most important, and most indestructible part of you. Read Psalm 23. As you read and pray, visualize the green pastures and the Shepherd who promises to restore your soul.

January 7, 2017
Series: **Reboot**
Revive My Soul
Pastor Rick Rufenacht



Matthew 13:3 - 8
Soul Conditions

The path = hardened soul

Rocky places = shallow soul

Thorns = cluttered Soul

Revive Your Soul

Abide With The Shepherd

Mt 11:28 John 15:5 - 8

Embrace The Word

Ps 19:7 Heb 4:12 John 6:63

