



SOUL KEEPING

Our soul is like a stream of water, which gives strength, direction, and harmony to every other area of our life. When that stream is as it should be, we are constantly refreshed and exuberant in all we do, because our soul itself is then profusely rooted in the vastness of God and his kingdom, including nature; and all else within us is enlivened and directed by that stream. Therefore we are in harmony with God, reality and the rest of human nature and nature at large.

Dallas Willard in Renovation of the Heart.

What the Soul Needs - Tidbits from Soul Keeping by John Ortberg

A Keeper

I and no one else am responsible for the condition of my soul.

A Center

A soul cannot be centered without God.

A Future

God has set eternity in the human heart.

To Be with God

Your soul will never find rest unless it finds its home.

Rest

We need God's grace to replenish our spirit.

Freedom

True freedom comes when you embrace God's overall design for the world and your place in it.

Blessing

It's the projection of good into the life of another....blessing is done by the soul.

Satisfaction

We were made to crave—a hint of the joy that we were made for when the soul finds its center in God....and is satisfied.

Gratitude

"We can only be said to be alive in those moments when our hearts are conscious of our treasures." T. Wilder

Questions to Ponder:

A keeper is someone who is in charge of caring for, maintaining, or protecting something. For example, there are innkeepers, zookeepers, bookkeepers, groundskeepers, housekeepers, peacekeepers, shopkeepers, gatekeepers, beekeepers, etc.

- How are you "keeping your soul"?

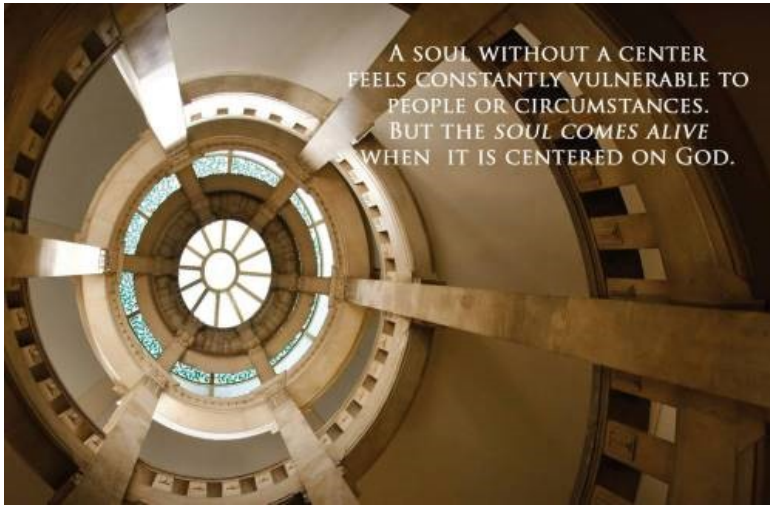
Jesus engaged in practices that allowed God's grace to replenish his spirit. He:

- ◇ Prayed
- ◇ Had a circle of close friends
- ◇ Engaged in regular worship
- ◇ Fed his mind with Scripture
- ◇ Enjoyed God's creation
- ◇ Took long walks
- ◇ Welcomed little children & blessed them
- ◇ Enjoyed partying with non-religious types

- What do you practice that connects you to God's grace and joy?

Quotes to Consider

Your soul is the deepest thing about you. Jesus said that the soul is more valuable than the world. So why would we not value it? Two things are true: 1. You have a soul, 2. It is the only one you will ever have.



Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. 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 16:25-26](#)

A healthy soul is an integrated soul, and an unhealthy soul is a ‘disintegrated’ one. (Dallas Willard).

You must arrange your days so that you are experiencing deep contentment, joy and confidence in your everyday life with God. Dallas Willard

It’s not about perfection. It’s not about adequacy. It’s not about your competence.... It’s about holding on to God, because the soul was made to be connected with him.

It is the nature of joy that all questions grow silent, and nothing needs explaining. We will see the goodness of God. The world will be re-born. Pain will be defeated. There will be no more questions.

How many moments of my life today can I fill with conscious awareness of and surrender to God’s presence?

When I wake up, I invite God to “Be with me this day.” Then I try to consciously experience him waling next to me. Not in a magnificent worship experience, but in the ordinary and mundane.

When your soul is at rest, your will is undivided and obeys God with joy. Your mind has thoughts of truth and beauty. You desire what is wholesome and good.

Whenever you’re disappointed, whenever you don’t get your way, take that disappointment as a chance to practice soul-satisfaction in God.

All quotes (except scripture) are from [Soul Keeping](#) by John Ortberg