

Unbroken
#5: How To Restore Your Soul

1. Understand the _____

1 Timothy 5:6 *But the widow who lives only for pleasure is spiritually dead even while she lives.*

a) Your soul _____

Matthew 10:28 *Don't be afraid of those who want to kill your body; they cannot touch your soul. Fear only God, who can destroy both soul and body in hell*

b) A healthy soul is the _____

Matthew 11:29 *Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.*

Mark 8:37 *Is anything worth more than your soul?*

2. Connecting with God _____

John 15:4-5 *Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me. "Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing.*

Key: My primary responsibility is to _____

1 Peter 1:8 *We rejoice with joy that is inexpressible*

3. Develop _____

a) _____

Psalms 77:11-12 *But then I recall all you have done, O Lord; I remember your wonderful deeds of long ago. They are constantly in my thoughts. I cannot stop thinking about your mighty works.*

b) _____

Philippians 3:8 *I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ...*

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3 Dangers When Praying

a) Legalism or checking off a list

Solution: Start with the right focus:

“Father, this is not a task for me to complete. This is a relationship with you that I want to build. That’s why I’m talking to you.”

b) Polite words: Inauthentic

Solution: Be honest! Tell Him everything

c) Using God to get what you want

Solution: Remember God is the real treasure

Ephesians 1:17 *I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.*

Hebrews 4:12 *For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between **soul** and spirit, between joint and marrow. It exposes our innermost thoughts and desires.*

1 Chronicles 28: 9-10 *And Solomon, my son, learn to know the God of your ancestors intimately. Worship and serve him with your whole heart and a willing mind. For the LORD sees every heart and knows every plan and thought. If you seek him, you will find him.*

Luke 3:21 *And as he was praying, heaven was opened...*

Galatians 5:25 *Since we are living by the Spirit, let us follow the Spirit’s leading in every part of our lives.*

2 Corinthians 4:16 *That is why we never give up. Though our bodies are dying, our spirits are being renewed every day.*

Ephesians 3:15—17 *I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God’s love and keep you strong.*

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Ephesians 4:23 *Instead, let the Spirit renew your thoughts and attitudes.*

Key: Make _____ to keep God in first place.

Psalms 16:11 *In your presence there is fullness of joy; at your right hand are pleasures forevermore.*

Psalms 19:7 The law of the Lord is perfect, refreshing the soul.

If God took _____ from me, I'd stop following Him

I can't be happy until _____

- a) Identify your _____
- b) Develop _____ with God
- c) **John 12:27**
- d) "Now my **soul** is deeply troubled. Should I pray, 'Father, save me from this hour'? But this is the very reason I came!"
- e) [In Context](#) | [Full Chapter](#) | [Other Translations](#)
- f) **Hebrews 4:12**
- g) For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between **soul** and spirit, between joint and marrow. It exposes our innermost thoughts and desires.
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Reading your Bible and praying

Luke 5:16 *As often as possible Jesus withdrew to out-of-the-way places for prayer.*

Key: Move from _____

Luke 6:40 *Students are not greater than their teacher. But the student who is fully trained will become like the teacher.*

1 Chron 28: 9-10 = "And Solomon, my son, learn to know the God of your ancestors intimately. Worship and serve him with your whole

heart and a willing mind. For the LORD sees every heart and knows every plan and thought. If you seek him, you will find him.

Matthew 26:38

He told them, "My **soul** is crushed with grief to the point of death. Stay here and keep watch with me."

Spiritual Pathways

Relational: I connect best to God when I am with others

Intellectual: I connect best to God when I learn

Worship: I connect best to God when I worship

Activist: I connect best to God when doing great things

Contemplative: I connect best to God in silence

Serving: I connect best to God while completing kingdom tasks

Creation: I connect best to God in nature

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Psalms 73:25 *Whom have I in heaven but you? And there is nothing on earth that I desire besides you.*

Mark 12:30 *Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'*

2 Timothy 1:7 *For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*

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2 Timothy 1:7 *For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.*

2 Corinthians 3:17 *For the Lord is the Spirit, and wherever the Spirit of the Lord is, there is freedom.*

Mark 8:34-37 Calling the crowd to join his disciples, he said, "Anyone who intends to come with me has to let me lead. You're not in the driver's seat; I am. Don't run from suffering; embrace it. Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way, my way, to saving yourself, your true self. What good would it do to get everything you want and lose you, the real you? What could you ever trade your **soul** for?"

Romans 8:6 So letting your sinful nature control your mind leads to death. But letting the **Spirit** control your mind leads to life and peace.

Romans 14:7 For the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy **Spirit**.

Matthew 10:28 Don't be afraid of those who want to kill your body; they cannot touch your **soul**. Fear only God, who can destroy both **soul** and body in hell.

"You are my Lord; I have no good apart from you." ([Psalm 16:2](#))

Luke 10:20 However, do not rejoice that the **spirits** submit to you, but rejoice that your names are written in heaven."

Romans 8:10 And Christ lives within you, so even though your body will die because of sin, the **Spirit** gives you life because you have been made right with God.

Matthew 26:38 He told them, "My **soul** is crushed with grief to the point of death. Stay here and keep watch with me."

I cor 3:16 Don't you realize that all of you together are the temple of God and that the **Spirit** of God lives in you?

John 6:63 - The **Spirit** alone gives eternal life. Human effort accomplishes nothing. And the very words I have spoken to you are **spirit** and life.

[Hebrews 13:17](#)

- New Living Translation
Obey your **spiritual** leaders, and do what they say. Their work is to watch over your **souls**, and they are accountable to God. Give them reason to do this with joy and not with sorrow. That would certainly not be for your benefit.

[1 Timothy 5:6](#)

- New Living Translation
But the widow who lives only for pleasure is **spiritually** dead even while she lives.

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Consequences of neglecting our soul by Gordon McDonald

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"spiritual formation for the Christian basically refers to the Spirit-driven process of forming the inner world of the human self in such a way that it becomes like the inner being of Christ himself...the outer life of the individual becomes a natural expression or outflow of the character and teachings of Jesus." (22)

"External manifestation of 'Christlikeness' is not, however, the focus of the process...The 'outward' interpretation of spiritual formation, emphasizing specific acts as it does, will merely increase 'the righteousness of the scribe and Pharisee.' It will not, as we must, go beyond it (Matthew 5;20, PAR) to achieve genuine transformation of who I am through and through—Christ's man or woman, living richly in his kingdom." (23)