

Soul Food

Psalm 23:5–6 (NLT)

⁵ You prepare a feast for me in the presence of my enemies. You honor me by anointing my head with oil. My cup overflows with blessings. ⁶ Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever.

- How Full is Your Cup?
- How depleted are you?
- How long has it been since you've felt replenished?
- We are at our best spiritually when our cups are full
- We are at our worst when our cups are empty

The key to a healthy soul starts with what we feed it. Our soul, (mind, will and emotions) are unpredictable. If we are going to experience God's peace it starts with a healthy soul. We cannot obtain a healthy soul on our own. We need help. That help comes from God.

Many people today suffer from burnout, stress and dissatisfaction

- Simplified living is more than just about doing less
- It's about being who God called us to be with a wholehearted, single-minded focus

Matthew 11:28 (NLT)

²⁸ Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

Tell Her to Help Me

Luke 10:38–42 (NLT)

³⁸ As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. ³⁹ Her sister, Mary, sat at the Lord's feet, listening to what he taught. ⁴⁰ But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." ⁴¹ But the Lord said to her, "My dear Martha, you are worried and upset over all these details! ⁴² There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."

Aren't we a lot like Martha?

- Worried and upset about many things
- Overwhelmed, overscheduled, and exhausted
- He's not just there for the food
- He's there for the connection
- Jesus said, "there is only one thing worth being concerned about"
- Martha missed it – Mary got it!

Five things are key if we are going to live a replenished life

- Connect with God
- Spend quality time with Family
- Satisfaction in work
- Make time for recreation
- Exercise

Ephesians 5:15–17 (NLT)

¹⁵ So be careful how you live. Don't live like fools, but like those who are wise. ¹⁶ Make the most of every opportunity in these evil days. ¹⁷ Don't act thoughtlessly, but **understand what the Lord wants you to do.**

- (NLT) “*understand what the will of the Lord is*”
- How would you spend your time if God were in charge of it?
- What would your schedule look like if God were in charge of it?
 - How would God have you spend your time today?
 - God has a **rhythm** for life that is specially designed for you
 - We need to seek Him to find out what that is
 - Who do you want to become?

Connecting with God

Church Attendance:

It's amazing how many times I've heard people say, “*I almost didn't come to church today.*”

- Really?
- You don't have church on your calendar?
- Church attendance is an important part of connecting with God

Luke 4:16 (NKJV)

¹⁶ So He came to Nazareth, where He had been brought up. And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read.

1 Corinthians 16:2 (NKJV)

² On the first *day of the week* let each one of you lay something aside, storing up as he may prosper, that there be no collections when I come.

Hebrews 10:25 (NKJV)

²⁵ not forsaking the assembling of ourselves together, as *is* the manner of some, but exhorting *one another*, and so much the more as you see the Day approaching.

- If you want to hear more from God, be where His Word is taught
 - Regularly
 - Weekly
- It's good to sit under someone who knows a little more about the faith that we all say we have
- Church attendance should be part of your weekly rhythm
- You will have more of God's direction and purpose in life
- If Jesus and the early apostles practiced it, we should

Ephesians 4:11–12 (NKJV) The Church has a purpose

¹¹ And He Himself gave some *to be* apostles, some prophets, some evangelists, and some pastors and teachers, ¹² for the equipping of the saints for the work of ministry, for the edifying of the body of Christ

Daily Time with God:

Matthew 6:11 (NKJV)

¹¹ Give us this day our daily bread.

Proverbs 8:34 (NKJV)

³⁴ Blessed is the man who listens to me, watching daily at my gates, waiting at the posts of my doors.

- Whenever someone says, *“I just wish I felt closer to God.”*
- I ask one question – *“How much time do you spend in His word, daily?”*
- Find a place you can connect with God, daily!

Marriage and Family

Deuteronomy 6:6–7 (NKJV)

⁶ “And these words which I command you today shall be in your heart. ⁷ You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up.

- Kids do what you do, not what you say
- It’s good to have a bible study but you need to live life with them – the Grace of God needs to be experienced!
- Christianity is a relationship not a bunch of rules
- Enjoy time with them!
- Families are worth fighting for
- Your marriage can be stronger 50 years from now than it is today
- Your kids should want to be around you when they become adults

Satisfying Work

When you signed on the dotted line you made a commitment

Every workplace has requirements about starting time, length of breaks and lunch, and quitting time

You gave your employer your word that you would abide by that code of conduct and meet their expectations

Matthew 5:37 (NKJV)

³⁷ But let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one.

Colossians 3:23–24 (NKJV)

²³ And whatever you do, do it heartily, as to the Lord and not to men, ²⁴ knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.

Proverbs 16:3 (NKJV)

³ Commit your works to the LORD, and your thoughts will be established.

- We should be the best employers and employees
- Do I show up on time?
- Do I do my best during work hours?
- Do I keep healthy boundaries between work and home?
- Your character matters!

Recreation

Jesus did not live a “busy” lifestyle

- Encouraged Martha to find the one thing that was important
- He waited 4 days before going to raise Lazarus
- He regularly slipped away from the masses
- He and His disciples went on retreat and grieved the death of John the Baptist
- He regularly went away and retreated from His busyness

Exodus 20:8–11 (NLT)

⁸ “Remember to observe the *Sabbath day* by keeping it holy.

⁹ You have six days each week for your ordinary work, ¹⁰ but the seventh day is a Sabbath day of rest dedicated to the LORD your God. On that day no one in your household may do any work.

This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you. ¹¹ For in six days the LORD made the heavens, the earth, the sea, and everything in them; but on the seventh day he rested.

That is why the LORD blessed the Sabbath day and set it apart as holy.

- It’s good to get real rest
- Rest from your labor – don’t make it religious!
- Vacations are good – Schedule them
- If you need a vacation from your vacation or must work extra when you get back to pay for it, it may not be rest

Exercise

The Mayo Clinic Health lists some of the benefits of 30 minutes of exercise a day: God made us to walk!

- Lower blood pressure: Reduces mercury in bloodstream. In some cases, that's enough to prevent or reduce the need for blood pressure medications.
- Improve cholesterol: Exercise often increases the concentration of high-density lipoprotein (HDL or "good" cholesterol in the blood), especially when accompanied by weight loss. Exercise also helps reduce triglyceride levels.
- Prevent or manage type 2 diabetes: Exercise helps insulin work better, lowering blood sugar.
- Manage weight: Coupling exercise with a healthy diet is the best way to shed fat and maintain a healthier body composition.
- Prevent osteoporosis: Exercise may increase bone density and protect against bone mass decline, especially if weight-bearing activities are involved.
- Prevent cancer: Exercise has been shown to strengthen the immune system, improve circulation, reduce body fat and speed digestion. Each has a role in preventing cancer, particularly cancers of the colon, prostate, uterine lining and breast.
- Maintain mental well-being: Exercise may help reduce stress, improve mild-to-moderate depression and anxiety, improve sleep and boost moods.
- Increase energy and stamina: A lack of energy often results from inactivity, not age.

The real key to a healthy soul is allowing the Lord to align each of these areas in our lives

Any of these areas in and of themselves can become a source of an unhealthy soul – EVEN CHURCH ATTENDANCE!

A healthy soul will overflow and bring health and alignment to every area of our life

3 John 2 (NKJV)

² Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

Matthew 11:28–30 (NKJV)

²⁸ Come to Me, all *you* who labor and are heavy laden, and I will give you rest. ²⁹ Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. ³⁰ For My yoke *is* easy and My burden is light.”

- Your soul must rest to prosper just like your body needs rest to be in good health
- Engaging in activities and taking on responsibilities initiated by man instead on the Holy Spirit is a recipe for failure

Failure to remedy an unhealthy soul will typically result in people becoming worn out and quitting everything, including the things the Lord lead them to do

- If you want to prosper you must come to Jesus and find the things He has assigned to you
- If it's burdensome or heavy it's not Jesus
- His yoke is easy and His burden is light

The key is to magnify the Lord in our soul

Luke 1:46–47, 49 (NKJV)

⁴⁶ And Mary said: “My soul magnifies the Lord,

⁴⁷ And my spirit has rejoiced in God my Savior. ⁴⁹ For He who is mighty has done great things for me, and holy is His name.

- Your soul is a magnifier
- Whatever your soul magnifies will determine what you experience in life
- The thing, person, or circumstance you set your focus on eventually will totally consume your entire being
- What you magnify is what becomes the most important thing in your life

Philippians 4:8 (NLT)

⁸ And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.

- The peace of God comes when we fix our thoughts, “dwell” or “meditate” on the goodness of God

Our soul either magnifies or diminishes the Lord

- When we magnify the Lord, He becomes the single most important thing in our lives
- When we magnify the Lord, we understand His will
 - We know He has our best in mind!
 - We want to please Him
- His will is to prosper us Spirit, Soul and Body!