

## Soul Food

### Psalm 23:5–6 (NLT)

<sup>5</sup> 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. <sup>6</sup> 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
- We cannot obtain a healthy soul on our own
- We need help from God

Tell Her to Help Me

### Luke 10:38–42 (NLT) No Slide:

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 but for the connection
- Jesus said, "there is only one thing worth being concerned about"
- Martha missed it – Mary got it!

## Ephesians 5:15–17 (NLT)

<sup>15</sup> So be careful how you live. Don't live like fools, but like those who are wise. <sup>16</sup> Make the most of every opportunity in these evil days. <sup>17</sup> 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?
  - 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?

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

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

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

### 3 John 2 (NKJV)

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

### Matthew 11:28–30 (NKJV)

<sup>28</sup> Come to Me, all *you* who labor and are heavy laden, and I will give you rest. <sup>29</sup> 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. <sup>30</sup> 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)**

<sup>46</sup> And Mary said: “My soul magnifies the Lord,

<sup>47</sup> And my spirit has rejoiced in God my Savior. <sup>49</sup> 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)**

<sup>8</sup> 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!

Many times, the gates or doors of our soul block the life flow from the Spirit of God because our focus is in the wrong place

- It is possible to be born again and still compartmentalize our life
- This will hinder the life flow from your spirit
- You cannot serve God from your soul (mind, will and emotions) alone
- We can close our souls from the healing words of the Lord
- This can occur because of wounds and hurts that we fail to deal with

Psalm 24:7 (NLT)

<sup>7</sup> Open up, ancient gates! Open up, ancient doors, and let the King of glory enter.

Isaiah 26:2–3 (NLT)

<sup>2</sup> Open the gates to all who are righteous; allow the faithful to enter. <sup>3</sup> You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

- When our minds are fixed on the Lord we walk in the inheritance He has for us
- Most people know more about their problem than they do about the remedy
- The remedy is Jesus' finished work!
- When we learn to trust the Lord and His word it produces perfect peace in the midst of the trial or storm

Where is your focus?

What are you dwelling on?

### Numbers 13:25–33 (NLT) The *Scouting Report*

<sup>25</sup> After exploring the land for forty days, the men returned <sup>26</sup> to Moses, Aaron, and the whole community of Israel at Kadesh in the wilderness of Paran. They reported to the whole community what they had seen and showed them the fruit they had taken from the land. <sup>27</sup> This was their report to Moses: “We entered the land you sent us to explore, and it is indeed a bountiful country—a land flowing with milk and honey. Here is the kind of fruit it produces. <sup>28</sup> But the people living there are powerful, and their towns are large and fortified. We even saw giants there, the descendants of Anak! <sup>29</sup> The Amalekites live in the Negev, and the Hittites, Jebusites, and Amorites live in the hill country. The Canaanites live along the coast of the Mediterranean Sea\* and along the Jordan Valley.” <sup>30</sup> But Caleb tried to quiet the people as they stood before Moses. “Let’s go at once to take the land,” he said. “We can certainly conquer it!” <sup>31</sup> But the other men who had explored the land with him disagreed. “We can’t go up against them! They are stronger than we are!” <sup>32</sup> So they spread this bad report about the land among the Israelites: “The land we traveled through and explored will devour anyone who goes to live there. All the people we saw were huge. <sup>33</sup> We even saw giants\* there, the descendants of Anak. Next to them we felt like grasshoppers, and that’s what they thought, too!”

- Those over 40 believed the negative report and died in the wilderness, never possessing the Promised Land
- Joshua and Caleb and the next generation entered and had victory and blessing

The children of Israel often got their eyes off the Lord and on their problem

They forgot His miracles and all that He had done for them and focused on the problem of their journey

- This caused them to become discouraged, murmur and complain
- This lead to rebellion and unbelief
- Their souls were not prospering

In **Numbers 21** we see that their health was compromised because of their discouragement and rebellion  
Fiery serpents were biting the people and many of them died

### **Numbers 21:7–8 (NLT)**

<sup>7</sup> Then the people came to Moses and cried out, “We have sinned by speaking against the LORD and against you. Pray that the LORD will take away the snakes.” So Moses prayed for the people. <sup>8</sup> Then the LORD told him, “Make a replica of a poisonous snake and attach it to a pole. All who are bitten will live if they simply look at it!”

- Everyone who would look at the fiery serpent on the pole would live
- Look – “*to behold, inspect, perceive, and consider*”
- The serpent is a *type* of Jesus

### **John 3:14 (NLT)**

<sup>14</sup> And as Moses lifted up the bronze snake on a pole in the wilderness, so the Son of Man must be lifted up,

### Hebrews 12:1–3 (NLT)

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.<sup>2</sup> We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.\* Because of the joy\* awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne.<sup>3</sup> Think of all the hostility he endured from sinful people;\* then you won't become weary and give up.

### Colossians 3:1–3 (NLT)

Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand.<sup>2</sup> Think about the things of heaven, not the things of earth.<sup>3</sup> For you died to this life, and your real life is hidden with Christ in God.

- We do not have a revelation of the life we have in Christ until He becomes our focus
- When He becomes our focus our reality changes

### Psalms 46:1–2 (NLT)

<sup>1</sup> God is our refuge and strength, always ready to help in times of trouble.<sup>2</sup> So we will not fear when earthquakes come and the mountains crumble into the sea.

- The enemy wants to keep us in fear
- We need to face that fear and allow Jesus to be our anchor in the storms of life
- That's a prosperous soul



## Hebrews 6:17–20 (NLT)

<sup>17</sup> God also bound himself with an oath, so that those who received the promise could be perfectly sure that he would never change his mind. <sup>18</sup> So God has given both his promise and his oath. These two things are unchangeable because it is impossible for God to lie. Therefore, we who have fled to him for refuge can have great confidence as we hold to the hope that lies before us. <sup>19</sup> This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary.

<sup>20</sup> Jesus has already gone in there for us. He has become our eternal High Priest in the order of Melchizedek.

- Remember our soul is the “inside you”
- Your heart; your inner being; your mind, will and emotions
- This part of us is the one that's prone to “drift”
- An anchor is an agent of stability and security

The people that the book of Hebrews was written to are two different groups of people

- One was a group of people whose lives had drastically changed after believing in Jesus
  - They were severely persecuted for their beliefs
  - Some were close to giving up
  - I'm done, this is far too difficult and painful
  - The writer says, “Don't give up on Jesus!”
- The other group wanted to just add Jesus to their conglomeration of other spiritual concepts
  - They wanted to believe in Jesus, yet keep the law and the commandments
  - They wanted to mix law and grace
  - The writer is saying, “Jesus is enough!”

We all need an anchor, the question is, what is your anchor?

Some people believe that being “debt free” is their anchor

- My house is paid off
- I have a plan for retirement
- I have money in the bank
- I’m set for life
- Their anchor is their job, their education, their connections and prominence, or their cleverness

I’m all for financial stability, career planning and investing in a house but this plan has holes in it

- Life isn’t neat, tidy and controlled
- Life’s unpredictable
- The bottom line is things that don’t have souls can’t aid people who do have souls
- We need an anchor that has a soul

Some people may say, “*My man is my anchor*”

- He is godly, strong, brave

Some may say, “*My anchor is my girl*”

- She is beautiful, we are perfect together

Others may say “*It’s my family, kids, grandkids*”

- Or perhaps “*My friends are my anchor*”

The problem with these “anchors” is they are as fragile and fragmented as we are

The challenge with an anchor is its designed to keep us in a safe place “in the midst” of a storm not take us out of the storm

Storms hit and we say, *“Jesus I don’t want to stay here. I don’t like it at all. Its windy. Its rainy. The waves are big. Get me out of here!”*

- We want out
- We want escape
- Jesus wants to be our strength and stability in the storm

## Matthew 14

Jesus tells the disciples to get in a boat and cross the Sea of Galilee

- *“Where are, you going?” they say*
- *“To climb a mountain and pray. I’ll see you on the other side.”*
- *“Wait, how are you getting there?”*
- *“Don’t worry about it. Bye.”*

They start rowing and everything goes wrong

## Matthew 14:24–27 (NLT)

<sup>24</sup> Meanwhile, the disciples were in trouble far away from land, for a strong wind had risen, and they were fighting heavy waves.

<sup>25</sup> About three o’clock in the morning\* Jesus came toward them, walking on the water. <sup>26</sup> When the disciples saw him walking on the water, they were terrified. In their fear, they cried out, “It’s a ghost!” <sup>27</sup> But Jesus spoke to them at once. “Don’t be afraid,” he said. “Take courage. I am here!\*

### Matthew 14:27–32 (NLT)

<sup>27</sup> But Jesus spoke to them at once. “Don’t be afraid,” he said.

“Take courage. I am here!\*

<sup>28</sup> Then Peter called to him, “Lord, if it’s really you, tell me to come to you, walking on the water.” <sup>29</sup> “Yes, come,” Jesus said.

So Peter went over the side of the boat and walked on the water toward Jesus. <sup>30</sup> But when he saw the strong\* wind and the waves, he was terrified and began to sink. “Save me, Lord!” he

shouted. <sup>31</sup> Jesus immediately reached out and grabbed him.

“You have so little faith,” Jesus said. “Why did you doubt me?”

<sup>32</sup> When they climbed back into the boat, the wind stopped.

- It would be impressive enough without waves
- Jesus wants to take our water walking to a whole new level

I’m sure Peter was cold, wet, terrified, and intensely human

- Sure, he doubted, and so would we
- Have you heard the diagnosis from the doctor?
- Do you read the news?
- How can I not doubt?
- I’m sinking right now, and I have no idea what to do

Sure, Peter could see Jesus, but anchors do their best job when they are not seen

- Why do you doubt?
- The work is finished
- When God is for you, you will get to your destination!

### John 6:21 (NLT)

<sup>21</sup> Then they were eager to let him in the boat, and immediately they arrived at their destination!