

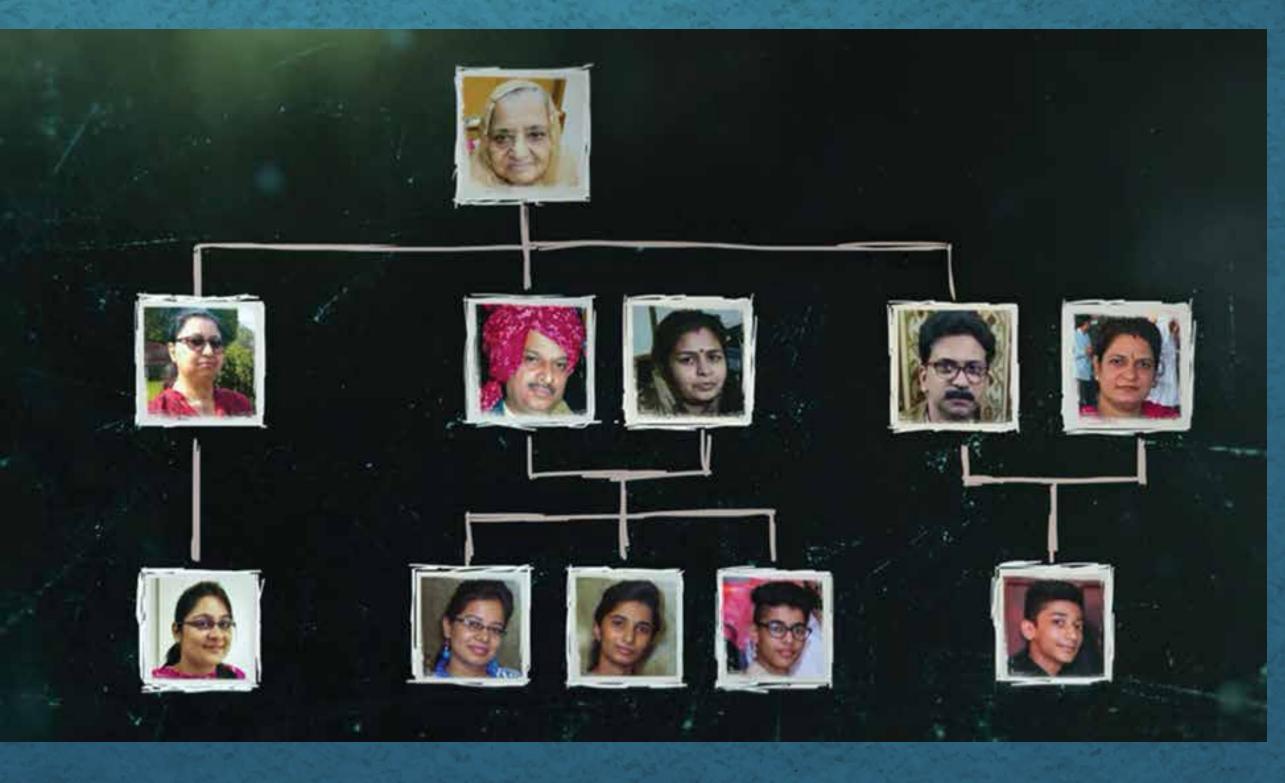


## A SERMON ABOUT KEEPING OUR SOUL

## HAVE YOU YOUR SOUL?



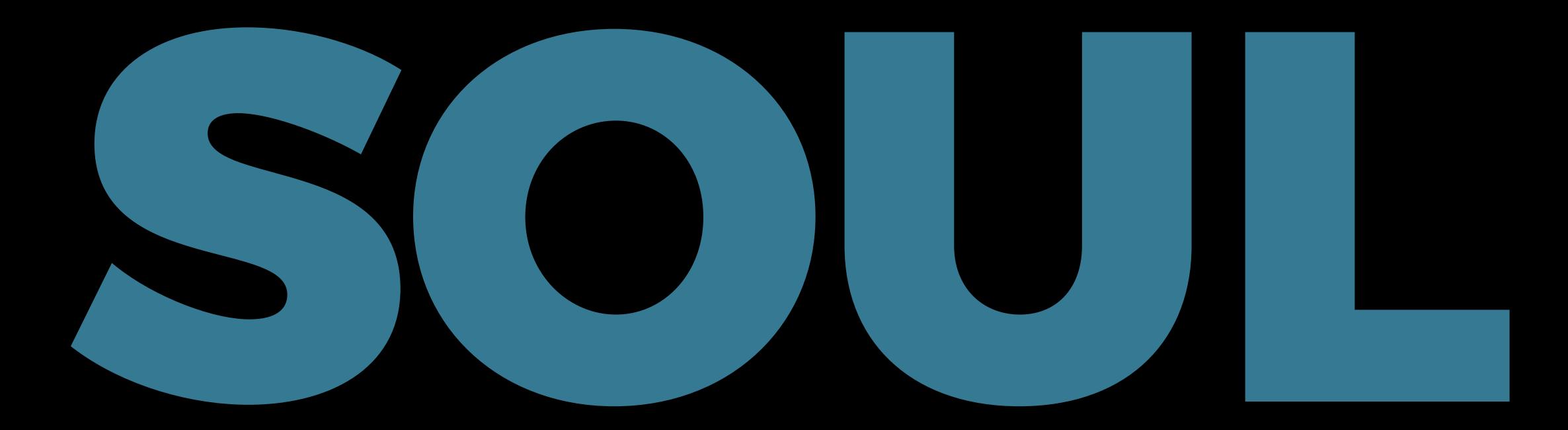
# AFAMILY OF 11 DIED IN A MASS SUICIDE



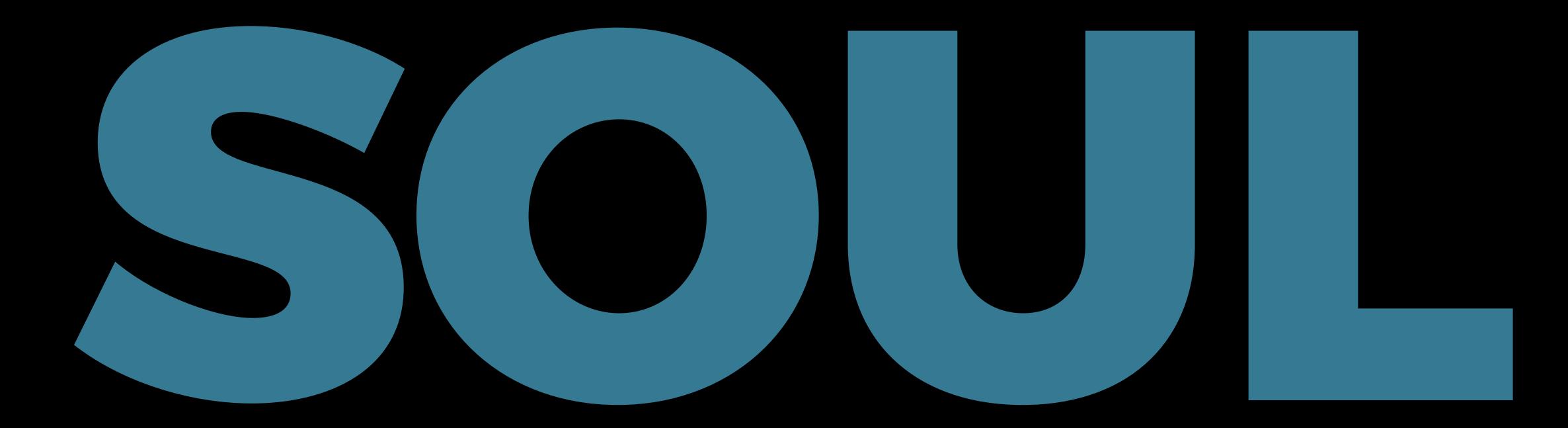


THE SECRETS ALL OF US HOLD, THE TRUTHS WE LIKE TO HIDE, AND THE TRAUMAS WE IGNORE.

## THE FRONT THAT ALL OF US PUT UP

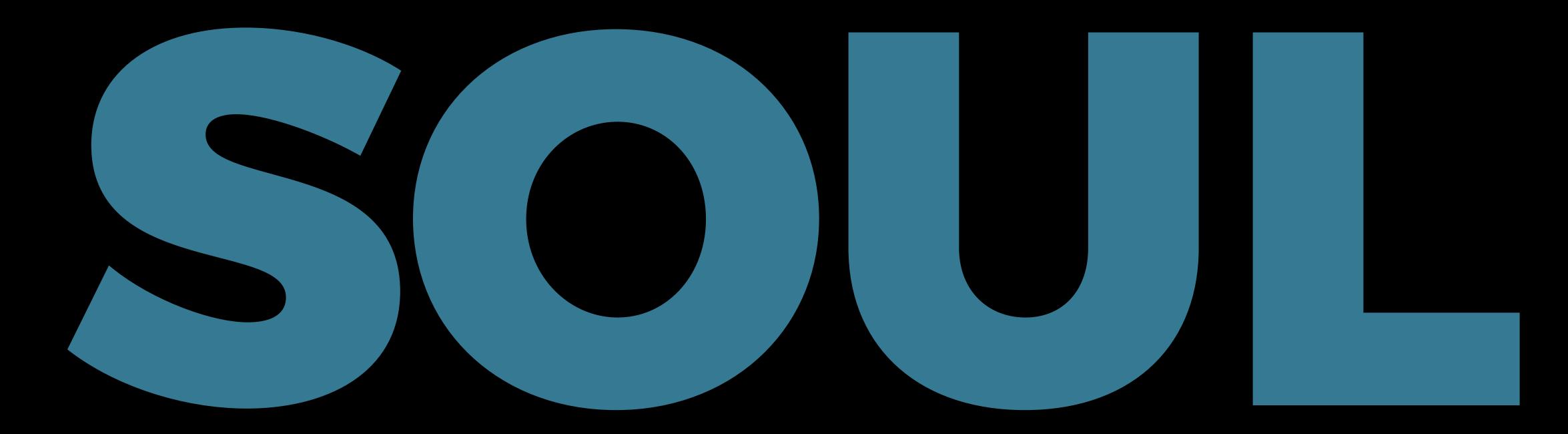


What makes you, you. Your whole being.



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Psyche (Greek), the human mind as the central force in thought, emotion, & behaviour.



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Mind, emotion, and will.

# 

I have trouble sleeping or I don't feel rested when I wake up.

I am anxious and worried about many things in my life.

I often feel restless, agitated, frantic or easily enraged because of minor issues.

My heart is often pounding or my heart rate is increasing.

I am haunted by memories, flashbacks, or nightmares of past events.

seldom get anything done.

I have trouble connecting with people and an inability different life. to empathize with those having a hard time.

I am unable to experience happiness and contentment.

I keep going back to the same event in the past, thinking about what I could have done they knew who I really differently.

I find it hard to honor or celebrate others, or be happy for people.

I constantly feel not myself/others for what I dislike doing... I feel happened.

I daydream about running away to a

I make excuses to be alone yet experience tremendous loneliness.

I find it hard to receive correction or feedback.

I fear what others would think of me if am or what I did.

I lost interest in things that I used to enjoy. **Everything seems** overwhelming.

I procrastinate a lot and **good enough or blame** I keep doing things that trapped.

# For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?

Matthew 16:26 (NKJV)

## DON'T LOSE YOUR SOULTO THE WORLD.

Only take care, and keep your soul diligently, lest you forget the things that your eyes have seen, and lest they depart from your heart all the days of your life. Make them known to your children and your children's children.

Deuteronomy 4:9 (ESV)

FORGETTING GOD IS SIN, FOR IT IS FORGETTING WHAT IS REAL, WHAT IS TRUE, WHAT IS LIFE.

WE LOSE OUR SOUL WHEN WE FORGET GOD, AND DEPART FROM WHAT HE HAS SAID AND DONE.

## BATTLEOFTHESOUL

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:2 (ESV)

## WHO FEEDS OUR SOUL?

And we all, with unveiled faces, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

2 Corinthians 3:18 (ESV)

# WE BECOME WHAT WE BEHOLD.

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Look for God in the Waiting (Prayer).

Look for God in the Waiting (Prayer).

Look for God in Worship.

Look for God in the Waiting (Prayer).

Look for God in Worship.

Look for God in His Word.