



Pastor Derrick Shields “Soul Food” 9/12/2021

Key Verses:

- Matthew 16:26, Genesis 2:7

Key Thoughts:

- The origin of the soul can be found in Genesis 2. Verse 7 tells us that when God breathed life into man, he became a living being, or soul.
- The Hebrew word for soul is **nephesh**. It means:
 - That which breathes, the breathing substance or being, the inner being of man
 - Living being (with life in the blood)
 - The man himself, self, person or individual
- In his book *Soulkeeping*, John Ortberg recaps a conversation he had with Dallas Willard in which he explained the nature of the soul. He said that a human being consists of these parts:
 - Will – capacity to choose; this is what makes us a person and not a thing (Bible talks about exercising dominion)
 - Mind — thoughts and feelings; all the ways we are conscious of things
 - Body — our little kingdom, where we have a chance to be large and in charge
 - Soul — **the capacity to integrate all the parts (will [intentions], mind [thoughts, feeling, values and conscience], body [face, body language and actions]) into a single, whole life**; that is healthy and moving in the right direction
- Ruth Haley Barton says that the soul is *the essence of you that God knew before you were in physical form, the part of you that longs for more of God than you have right now.*
- A soul is healthy when you are connected to God and other people in your life.
- Farmers in the Midwest run a rope from their house to the barn during the winter. They do this because they had heard of stories of people that had died in between because they couldn't find their way back home after taking care of the animals in the barn.
- This is a picture of why it's important for us to be connected to God and allow him to replenish our souls. We all have things that we have to do, but it's important to stay connected so we can find our way home.
- Matthew 16:26 — “What do you benefit if you gain the whole world but lose your soul? Is anything worth more than your soul?” – This verse isn't about a destination, it's a diagnosis. You can lose your soul right here, right now. It means that pieces of you get chipped away and you're not operating at an optimal level. *This is why it's essential to make time and space to allow God to restore our souls.*

Discussion Questions:

- What did God say to you through this message?
- Use questionnaire attached to have discussion about what's resonating with people.