

Lesson Plans
Soul Care: Why Caring for Myself Matters
Mim Musser

Lesson Purpose: To equip believers to care for their souls

Overview: It's easy to believe that caring for yourself is self-centered and selfish, but this is not what Jesus teaches. He speaks directly about rest for souls, and you can trace the theme of rest through the entire Bible. This lesson offers principles and practical help on finding rest.

Opening: Think about a specific time and a specific place you have experienced deep rest. Write a description of this time and place on an index card. Share with the group.

Scripture Reading: Listen to the reading of two scriptures; then write a response to God.

- Psalm 55:1-8
- Matthew 11:28-29

Mini-Lecture: *Soul Care: My Caring for Myself Matters*—Distribute the notetaking sheet and show the mini-lecture.

Exercises:

Exercise 1: Self-Assessment

- List the top five symptoms you usually show when you are too busy
- Which of the three parts of the soul (as defined by Ortberg) for you is in the best shape? Which part needs the most care?
 - Mind—thoughts, feelings, values, conscience
 - Body—face, body language, actions
 - Will—intentions
- Make a list of ten “ingredients” that restore, refresh, quiet, invigorate, and nourish you.
- What is a pattern you use to make spaces in your day and week for soul care?

Exercise 2: Share—Share your self-assessment with the group.

Exercise 3: Prayer—Pray for each other.