

Note-taking Sheet  
**Soul Care: Why Caring For Myself Matters**  
Mim Musser

**Symptoms of Being Too Busy**

What good will it do to get \_\_\_\_\_ and lose the  
\_\_\_\_\_?

*The Message; Mark 8:36*

What is your soul? What integrates your:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

A soul is \_\_\_\_\_ when there is \_\_\_\_\_  
among these three entities and God's \_\_\_\_\_ for all of creation.

Give yourself permission to care for your soul.

- To care for your soul is \_\_\_\_\_.
- Study to see how Jesus \_\_\_\_\_.
- Accept Jesus' invitation to \_\_\_\_\_.
- A cared-for soul is more effective in \_\_\_\_\_.

Take time to find what brings soul care, what—

- Refreshes
- \_\_\_\_\_
- Quiets
- \_\_\_\_\_
- Nourishes

MacDonald: Make \_\_\_\_\_ in your \_\_\_\_\_ for what matters the \_\_\_\_\_ in order it keep it in \_\_\_\_\_ with God's heart.

You are the \_\_\_\_\_ of your \_\_\_\_\_.