

Soul-Care: Body, Mind, and Spirit

Part One

January 1, 2023

Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit.
(3 John 1:2, New Living Translation)

The Lord God formed the man from the dust of the ground. He breathed the breath of life into the man's nostrils, and the man became a living person. (Genesis 2:7, NLT)

When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat.
(Psalm 32:3–4, NLT)

WHERE DO I NEED SOUL-CARE?

1. Spiritual Health

Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come.
(1 Timothy 4:8, NLT)

2. Financial Health

The borrower is a slave to the lender.
(Proverbs 22:7, Holman Christian Standard Bible)



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3. Relational Health

There are 'friends' who destroy each other, but a real friend sticks closer than a brother.
(Proverbs 18:24, NLT)

4. Physical Health

I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified. (1 Corinthians 9:27, NLT)

5. Mental and Emotional Health

Be transformed by the renewal of your mind.(Romans 12:2, English Standard Version)

Create Good Spiritual Habits that will Help you Become Who You Want to be.

1. Start small.

But Daniel was determined not to defile himself by eating the food and wine given to them by the king.
(Daniel 1:8, NLT)

"Please test us for ten days on a diet of vegetables and water," Daniel said. "At the end of the ten days, see how we look compared to the other young men who are eating the king's food. Then make your decision in light of what you see."
(Daniel 1:12–13, NLT)

2. Get accountability.

Encourage each other daily, while it is still called today, so that none of you is hardened by sin's deception.
(Hebrews 3:13, HCSB)



Scan the QR code to join the
"Fast Like Daniel" Bible Reading Plan with us.

3. Stick with it.

At the end of the ten days, Daniel and his three friends looked healthier and better nourished than the young men who had been eating the food assigned by the king. . . . God gave these four young men an unusual aptitude for understanding every aspect of literature and wisdom.

(Daniel 1:15–17, NLT)