

RESOLUTE SOUL | 3-20-16

REFLECT & DISCUSS

Our soul is everything it means to be human. It is the capacity to integrate all the parts of us into a single whole life. The soul seeks harmony, connection, and integration. Specifically, it seeks to integrate our will (intentions and desires), our mind (intellect, feelings, values, conscience), and our body (physical actions and expressions). It also seeks to connect us with other people, with creation, and with God himself. Have you had moments in your life where you felt whole, joyful, at peace, integrated? What led you to feeling like this?

READ: *Isaiah 64: 5-6*

We are all infected and impure with sin. What does a sickness like cancer do to a body? How is sin like this? How does it make us wither, fall, and sweep us away from God? Our soul is given to us by God to make us whole. If our soul seeks to integrate us, what does sin seek to do? What happens when we serve God with our mind but sin with our bodies thinking there is nothing wrong with our actions? What is an example of this? How does this affect our soul?

READ: *Luke 9:51, 1 John 2:1-2*

Jesus knew sin disintegrates us. It broke His design and made us wanderers instead of children of God. To bring us back home to God, He resolutely set out for Jerusalem to die for our sin. ***Pause and take a moment right now to express your gratitude for the price Jesus paid for you.*** How does Christ's salvation empower our soul to make us whole? Does this happen in a moment or is it a process? Why is it so hard to remain connected, integrated, whole? Resolute means to be purposeful, determined and unwavering. What does it take to have a resolute soul?

READ: *1 Corinthians 9:24-27*

This Scripture compares our growth in Christ to an athlete in training. In a race, everyone runs, but only one person gets the prize. In our training with Christ, what are ways we run to win? Why is discipline important to our training? What are some spiritual disciplines that you practice to help you grow? How do we run with purpose in every step? In verse 27, Paul specifically mentions disciplining his body. How does this kind of discipline help us to be disciplined spiritually, in our will, and in our mind?

CHALLENGE

Think about the ways sin has disintegrated your soul. How has it broken your will, mind, and body? Ask Jesus to forgive you, fill you with His Spirit, and empower you to live with purpose and determination.

PRAYER

Holy Spirit, thank you for eradicating my sin and empowering me to live in wholeness with a resolute soul.