



# Small Group Discussion Guide: Week 2-Soul Care

## **Introduction:**

We are in a series called, “THIS IS MY YEAR”, and we at Crossroads want this to be a great year for you spiritually, mentally, financially, and a great year for you personally. This will not happen if we do not invest in some positive and healthy actions. I believe God has great plans in store for you, and our church this year, and I want to see us Grow together.

This week we will look at week 2, Soul Care. Have you ever thought about caring for your soul or how do you even do this? John Ortberg wrote a book called *Soul Keeping* in which he describes the soul as a healthy stream flowing down a mountain that brings life to a village, and someone keeps the stream flowing and clean. As a result the health of the village depended on the health of the stream. The life of the village depended on the health of the stream, and the life of the stream depended on the keeper of that stream. The life of our village depends on the health of our stream. The stream is our soul, and we are the keeper of the stream.

Your soul is what integrates your will (your intentions), your mind (your thoughts and feelings, your values and conscience), and your body (your face, body

language, and actions) into a single life. Your soul is really who you are. A soul is healthy — well-ordered — when there is harmony between these three entities, and God's intent for all creation. We all have an outer life (what people see) and then we have our inner life (our soul, secret thoughts, and will to live), that God designed for a purpose and longing for Him. A philosophy professor named Dallas Willard said, "You're a soul made by God, made for God, and made to need God,".

Our theme verse for this series is **Hebrews 4:12** which states, "For the word of God is living and effective and sharper than any double-edged sword, penetrating as far as the **separation** of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart."

Scripture for this week: **Mark 4:1-20 & Psalm 62**  
**Read Mark 4:1-20**

## Discussion Questions

**Question 1:** In verse 3 we see Jesus tell a parable of a farmer sowing seeds and those seeds fell onto 4 soils. Discuss the difference of where the seed fell.

- What was the difference of each soil?
- Discuss why it is important to keep our souls from clutter?
- Why does Jesus tell this parable.

Mark 8:34-38 Jesus says, "<sup>34</sup>Then he called the crowd to him along with his disciples and said: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. <sup>35</sup>For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. <sup>36</sup>What good is it for someone to gain the whole world, yet forfeit their soul? <sup>37</sup>Or what can anyone give in exchange for their soul?"

**Question 2:** Why does Jesus ask the questions in verse 36-37. Discuss what this means in our context.

- How could someone loose or forfeit their soul?
- What are some things that cause us to pull away from God?  
Discuss some ways we can protect ourselves from becoming like this?
- What does Jesus say is the secret to the life of the Cross?

**Question 3:** In Mark 4 verses 13-20, Jesus talks about the different soils.

- Discuss which soil you can relate with most.
- What are some ways to protect your heart so that it bears good fruit?

**Say: Our soul needs to be cared for because it can be clouded and confused by the world.** *"You're a soul made by God, made for God, and made to need God,"*. So how do we do this?

Read Psalm 62:1-8

Question 4: Discuss how David shows his need for his soul to be connected to God.

- What are some ways we can feed our soul in the right ways?
- In verses 5 & 6, David describes where his hope comes from and understands where salvation comes from. Discuss ways we try to connect our soul to things it wasn't designed to connect with?
- Why is it so hard for us to protect our soul?

Question 5: How can you help others know that God created their soul to know and love him? What keeps us from sowing seeds to those around us?

## Next Steps

1. Share one small "next step" that you feel God is calling you to take in the next 7 days.
2. Pray that God would put you in the path of someone where you can share your story with.
3. Sow some SEEDS (Ask God to give you opportunities to share your story)
4. Write down 5 names of people you know who need Jesus Pray and for them this week.
5. Invite one of these 5 people to your small group or a church service this week. (80% of people said they would attend church if they were invited by a friend)

Pray & Dismiss

