WHOLE IN MY SOUL

February 8, 2015

Ever feel like something is missing? It's almost all together, except… We were made to be whole and this can happen when we realize everything affects everything; because of that we can focus not on what we are doing, but on who we are becoming. It's time to be whole.

What comes to mind when you hear the word soul? Read 3 John 2 and Genesis 2:7. Discuss the idea of being a soul with a body and not a body with a soul. Do you tend to focus more on making the outside look good or the inside look good? Why?

In order to be whole we have to focus on our soul. Read Psalm 103:1-5. The soul is the inmost part of our being. How would you describe that part of you today? What would you say are the reasons for that answer? According to these verses how can we be sure to have a healthy soul? Which of these areas might you need to improve? How can the group help?

The need for forgiveness can greatly impact the health of our souls. Forgiveness has the power to free us. Share with the group areas of un-forgiveness you may be dealing with that are hurting your soul. Read Proverbs 28:13 and 1 John 1:9. How do these verses help you see the love of God to overcome those things so you can be whole? What things are you struggling to forgive yourself for from the past or daily?

All people can be refreshed and restored. Read Psalm 23:3 and 62:5-8. Share with the group a time God has strengthened you during a tough situation. Discuss things you can do to receive the strength God offers.

Reminder: The series Overwhelmed at www.communitychurch.info./watchandread is a good resource.

Pray for one another to seek God for strength in their souls. Pray for a complete wholeness that can only come from God.

Note: If you aren't in a community group, let us know you want to take that next step. Email us at NextSteps@communitychurch.info. Group is not about a meeting, but instead people coming together to build relationships with each other and Jesus while they do this thing called life. No matter where you find yourself in life, there is a group that is right for you, and we'll help you find it.