



Stonecrest Community Church
Michelle and Sam Park
March 5, 2022

A photograph of a dark, circular tunnel, possibly a well or a mine shaft, looking down towards a bright light at the end. The tunnel walls are rough and textured. A person's head and shoulders are visible at the end of the tunnel, looking towards the camera. The text "ministering from a healthy soul" is overlaid in yellow on the lower half of the image.

“ministering from
a healthy soul”



“ministering from a healthy soul”

1. The SOUL
2. Developing rhythms of care for our souls
3. Q & R

What exactly is the SOUL?



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1. The Bible talks about the soul



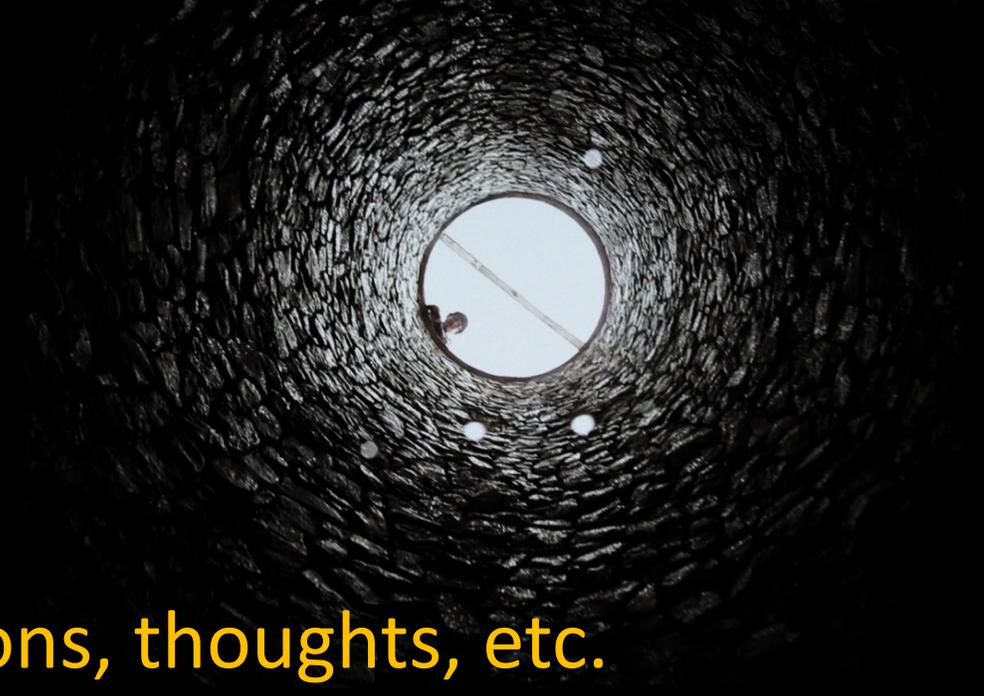
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2. We are made of 3 parts
 - Body, soul, and spirit



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 - It is the “hub” of our being



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4. It is the deepest part of our being. It is the real us*



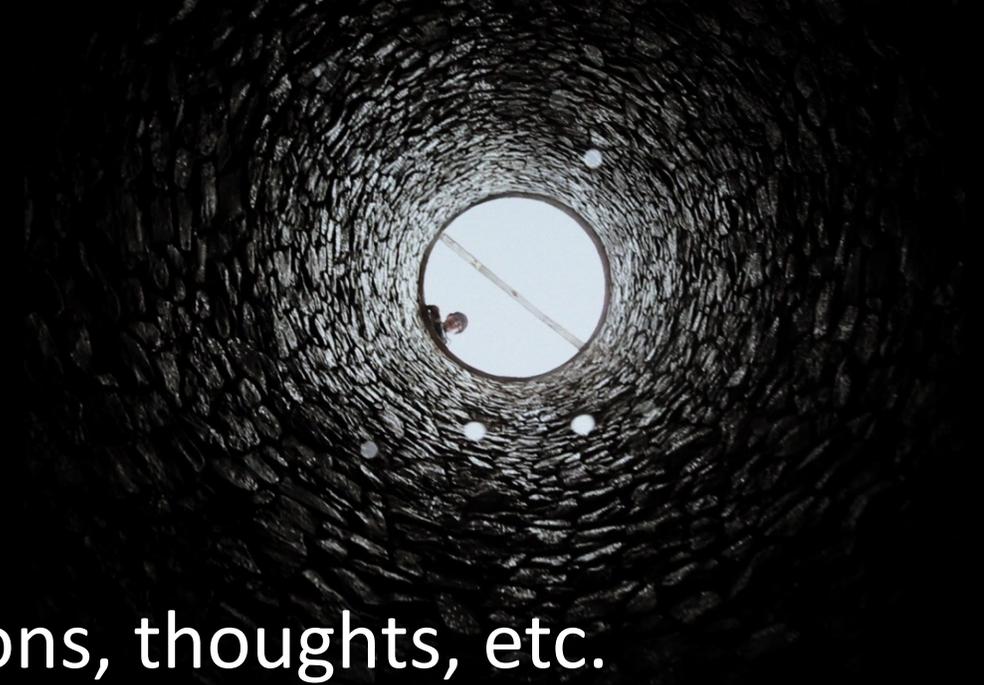
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5. It is where we experience the glory of God. It is also where we experience the brokenness of the world*



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6. All transformation happens in the soul*



A dark, textured tunnel with a bright circular opening at the end. Inside the opening, a person is visible holding a long pole. The tunnel walls are made of rough, layered material, possibly stone or brick. The lighting is dramatic, with the bright light from the opening illuminating the interior of the tunnel.

“the story of Moses”

The Exodus From Egypt

Nuweiba Beach Crossing -- Sinai at Jabal al-Lawz



Moses Moves to Midian



The Exodus From Egypt

Nuweiba Beach Crossing -- Sinai at Jabal al-Lawz



A photograph of a dark, circular tunnel, possibly a well or a mine shaft, with a person visible at the far end, looking out towards a bright light. The tunnel walls are rough and textured. The person is small and positioned near the center of the circular opening. The light at the end of the tunnel is bright and creates a strong contrast with the dark interior.

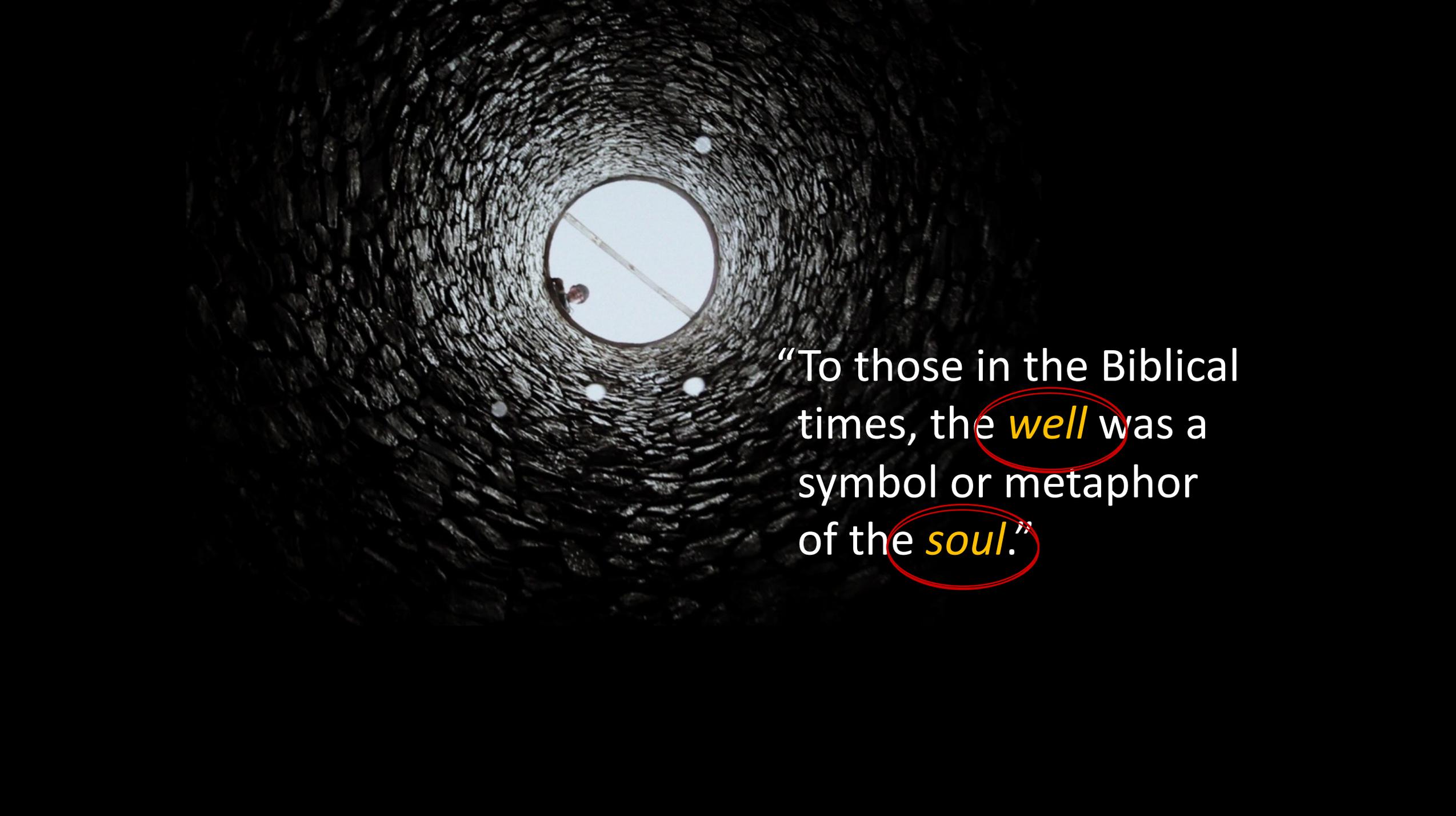
“As important as it may be to partner with God to DO things for Him, **even more important, is to journey with Him to BE whom He has created for us to be.**”

¹⁵ When Pharaoh heard of this, he tried to kill Moses, but Moses fled from Pharaoh and went to live in Midian, where he sat down by a well. ¹⁶ Now a priest of Midian had seven daughters, and they came to draw water and fill the troughs to water their father's flock. ¹⁷ Some shepherds came along and drove them away, but Moses got up and came to their rescue and watered their flock.

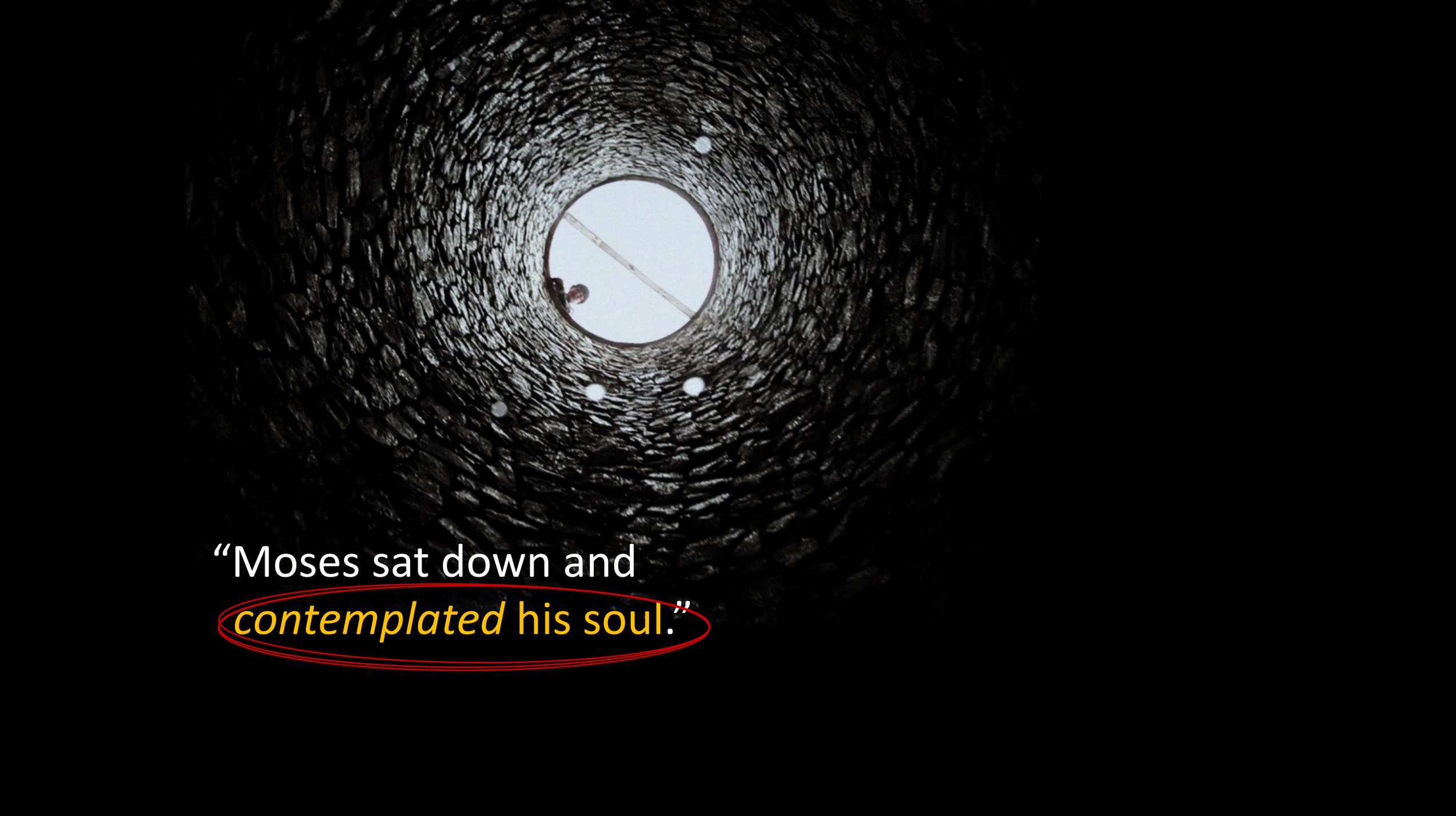




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A top-down view looking into a dark, circular well. The walls of the well are made of rough, textured material, possibly stone or brick, and are illuminated from above, creating a strong contrast with the deep shadows. At the bottom of the well, a person is visible, looking up. A wooden pole or beam extends across the opening of the well. The overall atmosphere is mysterious and ancient.

“To those in the Biblical times, the *well* was a symbol or metaphor of the *soul*.”

A photograph looking down a dark, circular tunnel. The tunnel walls are made of rough, textured material, possibly stone or brick. At the far end of the tunnel, a person is visible, looking towards the camera. The person is wearing a red shirt and a dark cap. The tunnel is illuminated from the end, creating a bright circle of light. There are several small, white, circular lights or reflections on the tunnel walls.

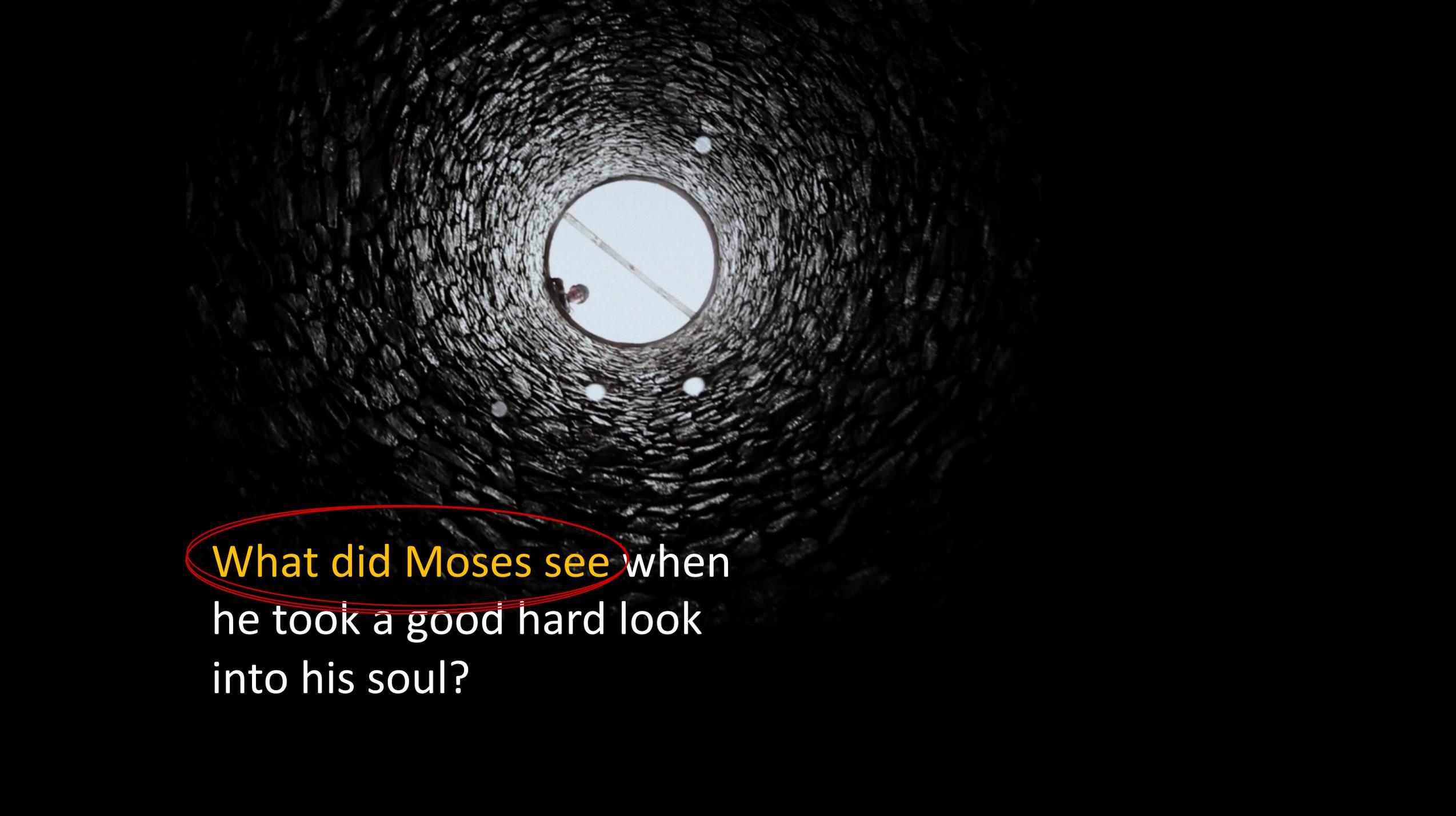
“Moses sat down and
contemplated his soul.”



“Moses sat down and
contemplated his soul.”

the “deepest part of his being”

the “real him”

A photograph looking down a dark, circular tunnel. The tunnel walls are made of a rough, textured material, possibly stone or brick. At the far end of the tunnel, a person is visible, looking towards the camera. The person is holding a long, thin object, possibly a staff or a pole. The lighting is dim, with a bright spot at the end of the tunnel where the person is. There are several small, white, circular lights or reflections on the tunnel walls.

What did Moses see when
he took a good hard look
into his soul?



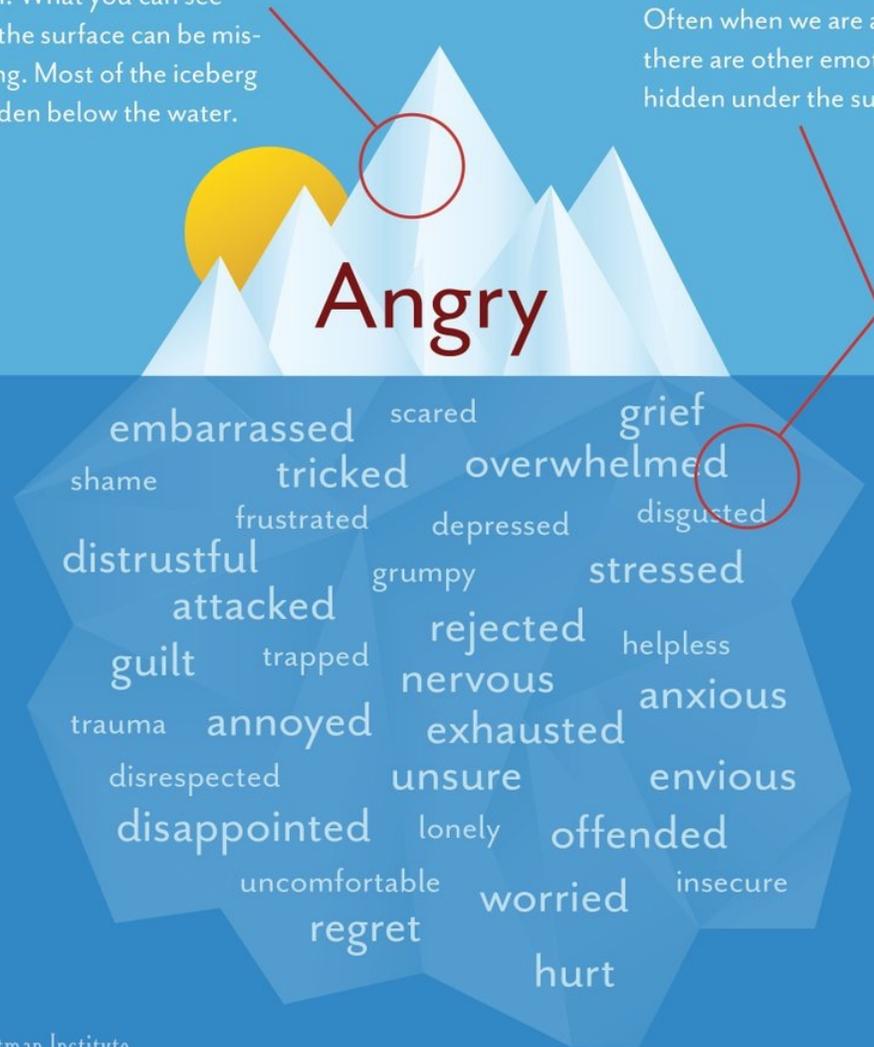
- Anger

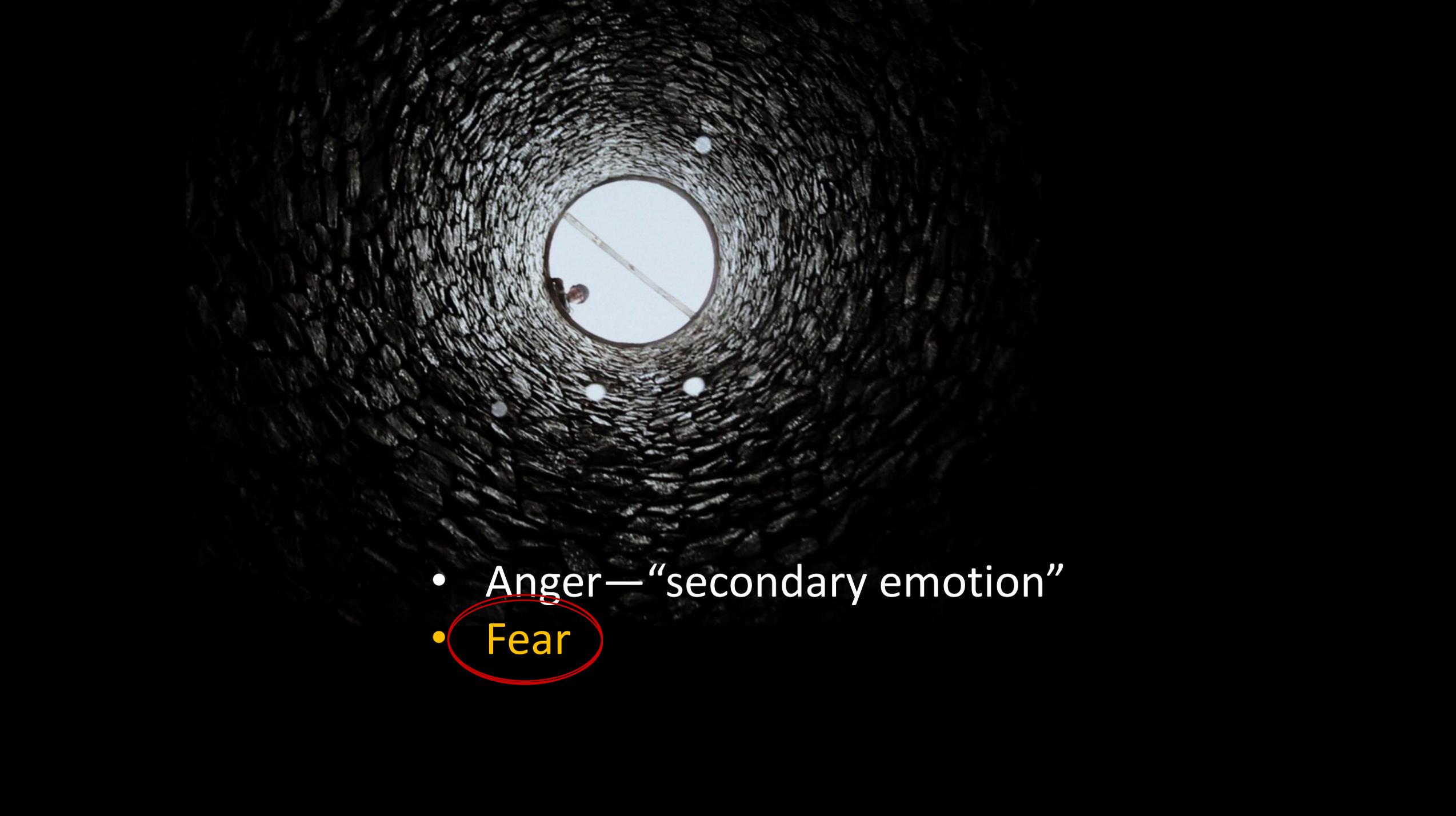
- 
- A photograph of a tunnel with a person at the end, used as a metaphor for anger. The tunnel is dark and narrow, with a person visible at the far end. The text "Anger—'secondary emotion'" is overlaid on the bottom right of the image, with "secondary emotion" circled in red.
- Anger—“secondary emotion”

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



- 
- A dark, textured tunnel with a circular opening at the end. The tunnel walls are made of a rough, woven material. The opening shows a bright light source and a person's head and shoulders. There are several small white dots on the tunnel walls.
- Anger—“secondary emotion”
 - Fear

- 
- A dark, textured tunnel with a circular opening at the end. The tunnel walls are made of a rough, woven material. The opening shows a bright light source and a person's head and shoulders. There are several small white lights along the tunnel walls.
- Anger—“secondary emotion”
 - Fear → Lies

- 
- Anger—“secondary emotion”
 - Fear
 - Confusion/frustration/“loss” of **IDENTITY***

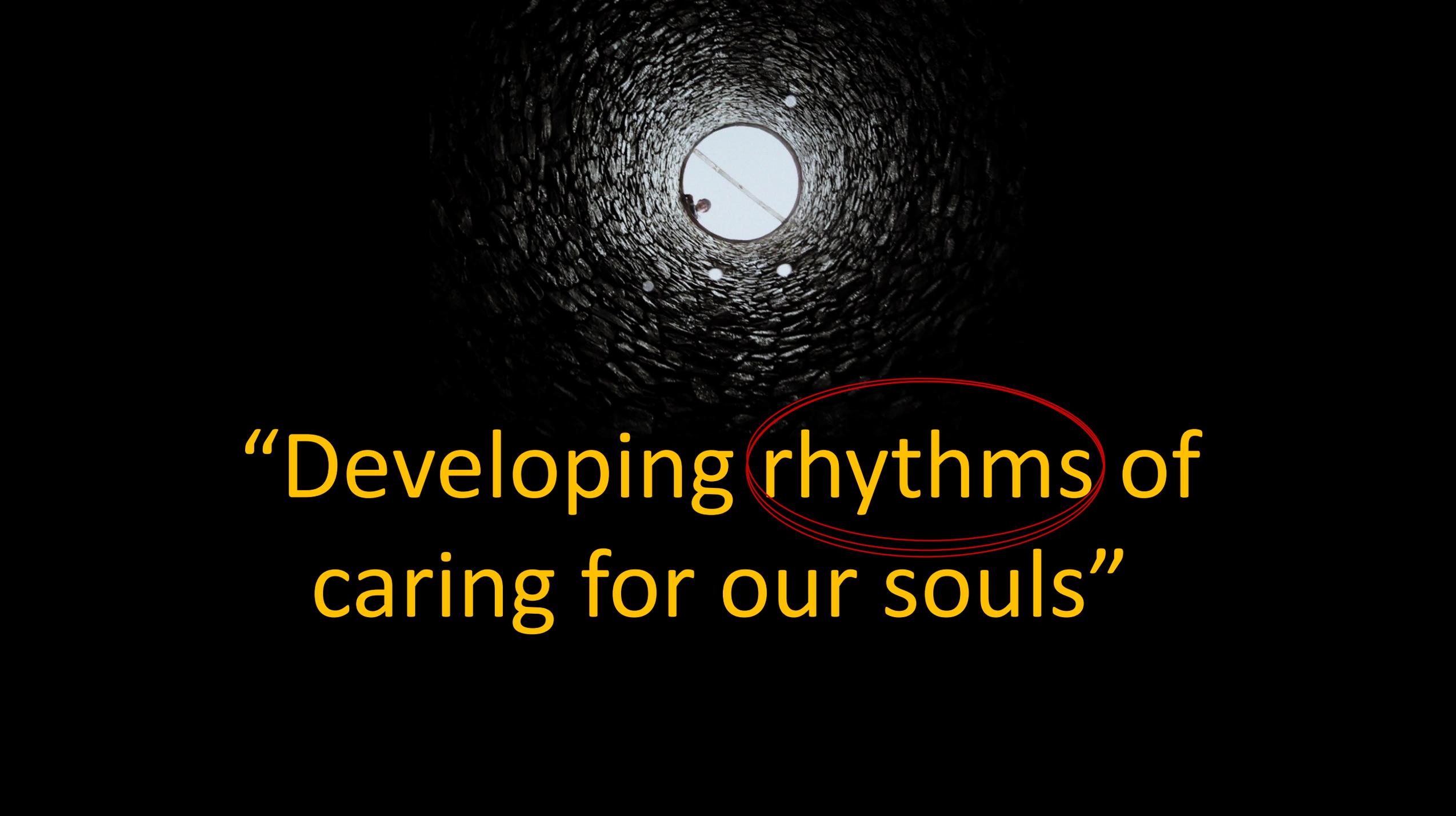
7 Principles of Soul Care

1. Addresses the “obstacles”
 - a. Securing our IDENTITY
 - b. Repentance & confession
 - c. Breaking family sin patterns
 - d. Forgiving others
 - e. Healing wounds
 - f. Overcoming fear
 - g. Deliverance



A dark, textured tunnel with a bright circular opening at the end. The tunnel walls are made of a rough, woven material. A person is visible in the opening, holding a long pole. The scene is dimly lit, with the light coming from the opening.

What do you see when
you take a good hard look
into your soul?



“Developing rhythms of caring for our souls”

“Developing rhythms of caring for our souls”

- Cultivating a rhythm of intimacy
 - What’s filling us?
 - What’s depleting us?



“Developing rhythms of caring for our souls”

- Cultivating a rhythm of intimacy
 - What’s filling us?
 - What’s depleting us?
- Developing a rhythm of rest



“Developing rhythms of caring for our souls”

- Cultivating a rhythm of intimacy
 - What’s filling us?
 - What’s depleting us?
- Developing a rhythm of rest
- Growing a rhythm of awareness of our **pain and peace**
 - “What’s behind it?”



Practical Framework of Care for the Soul

Listen
to their
story

- Relational vs. Transactional
- “Safety”
- Factors “shaping” their identity—
who they believe that they are



Practical Framework of Care for the Soul

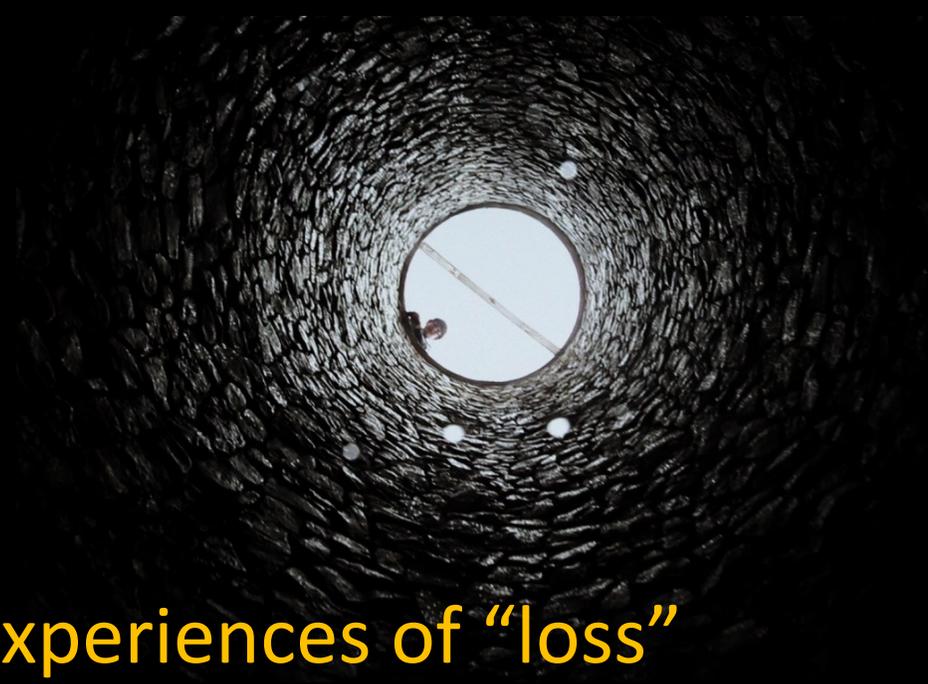
Listen
to their
story



Identify
soul
issues



- Looking for experiences of “loss”
- Points of “pain”/disruption of peace
- “What’s behind it?”



Practical Framework of Care for the Soul

Listen
to their
story



Identify
soul
issues



Identify
fears



- Distinguish
- Normalize
- “What’s behind it?”



Practical Framework of Care for the Soul

Listen
to their
story



Identify
soul
issues



Identify
fears



Identify
lies



- Self-talk
- Truth?
- “Where?”



Practical Framework of Care for the Soul

Listen
to their
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Identify
soul
issues



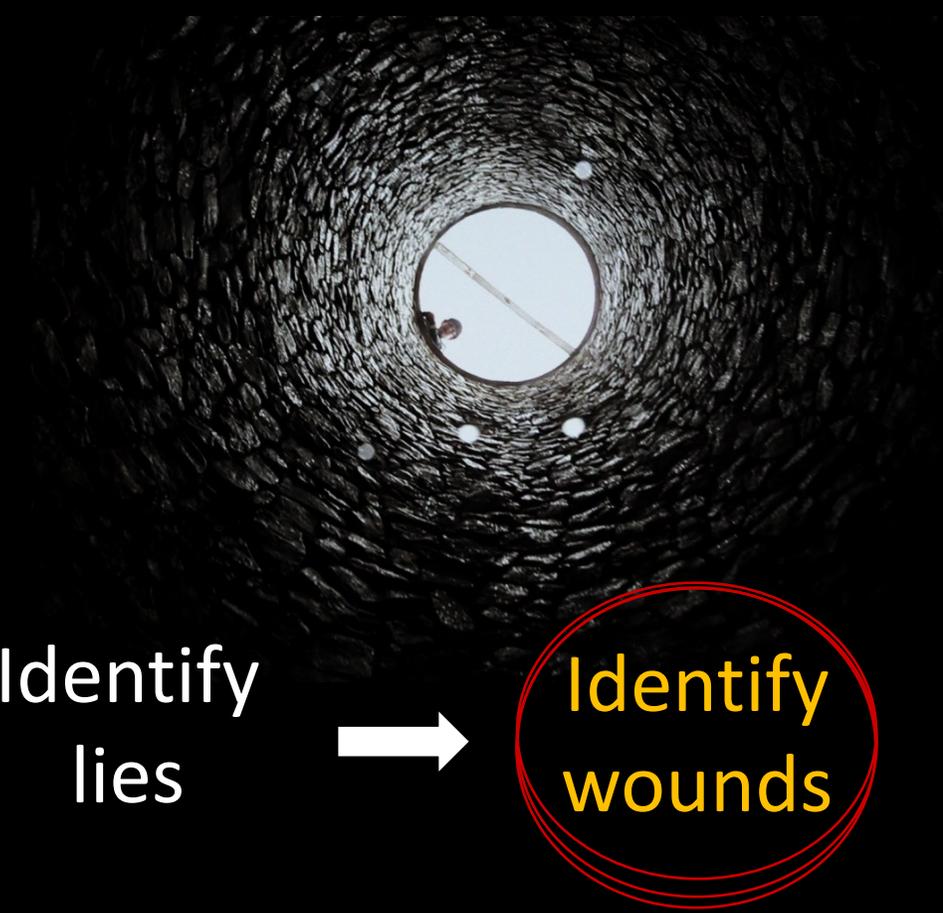
Identify
fears



Identify
lies

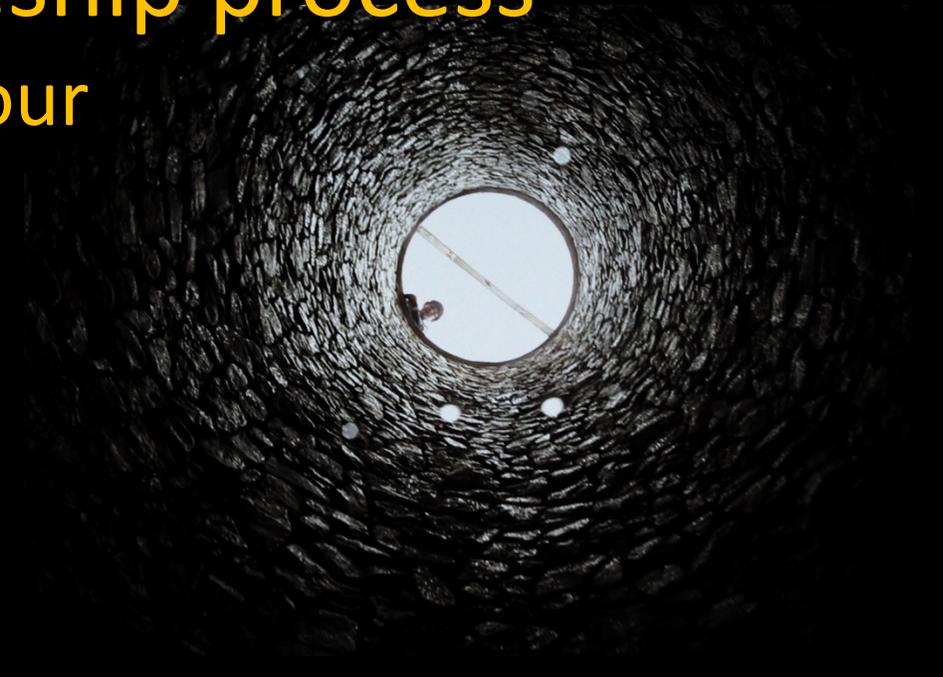


Identify
wounds



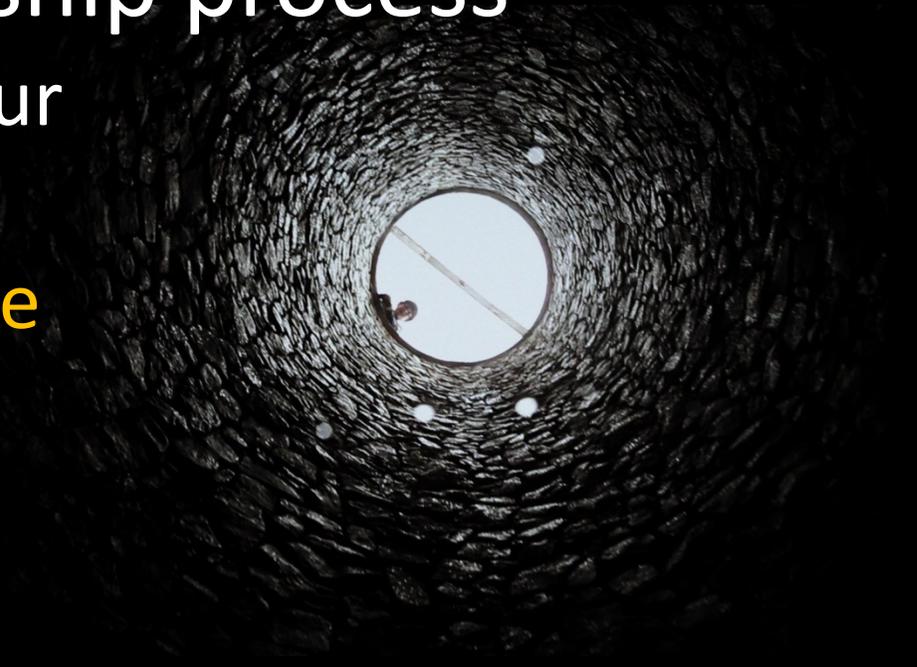
Soul *Care*: Part of discipleship process

1. Care of the deepest part of our being—the **real us**



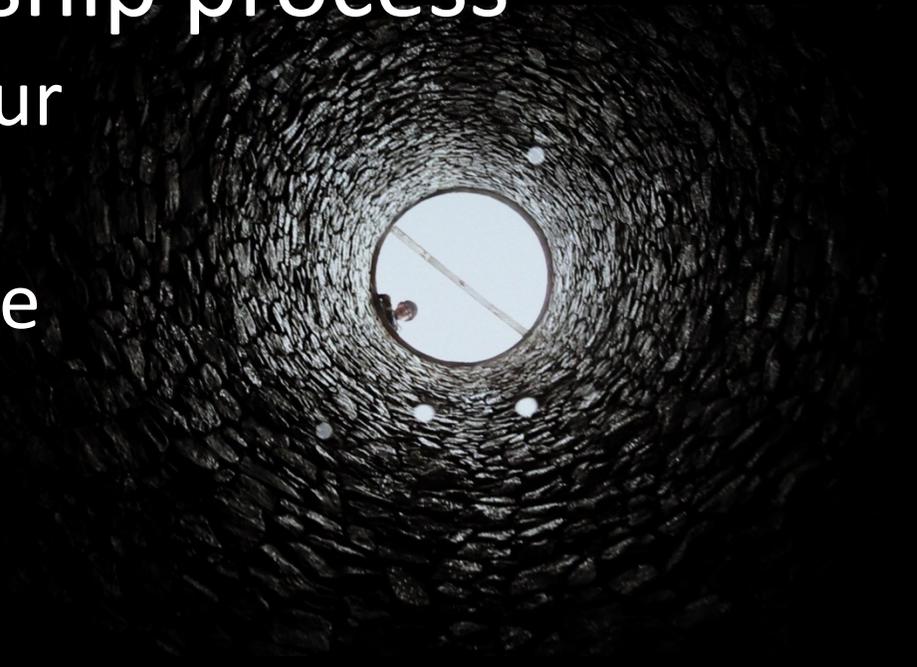
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1. Care of the deepest part of our being—the real us
2. **Our part of the transformative process**



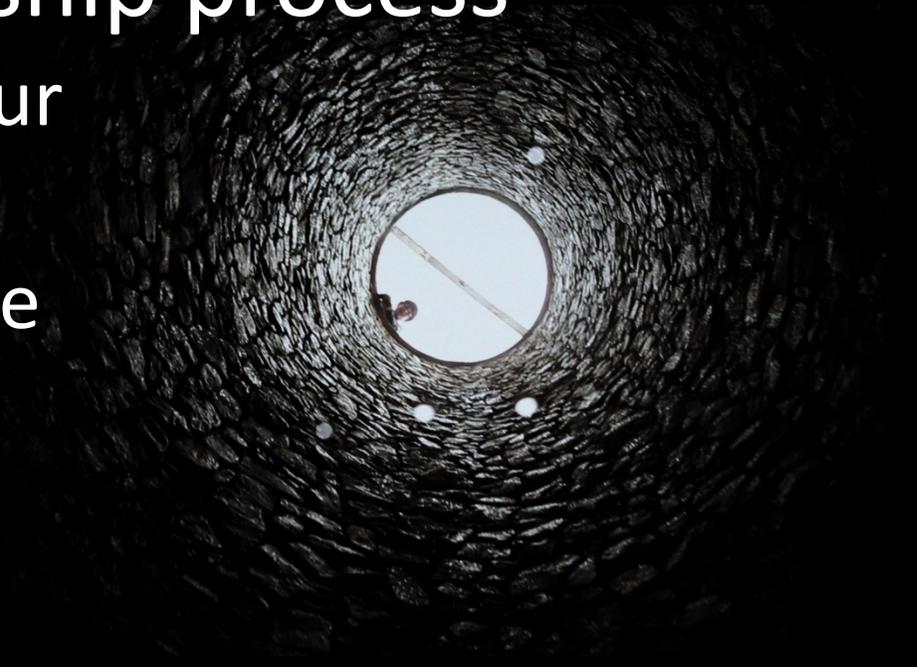
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1. Care of the deepest part of our being—the real us
2. Our part of the transformative process
3. Addresses the “obstacles”



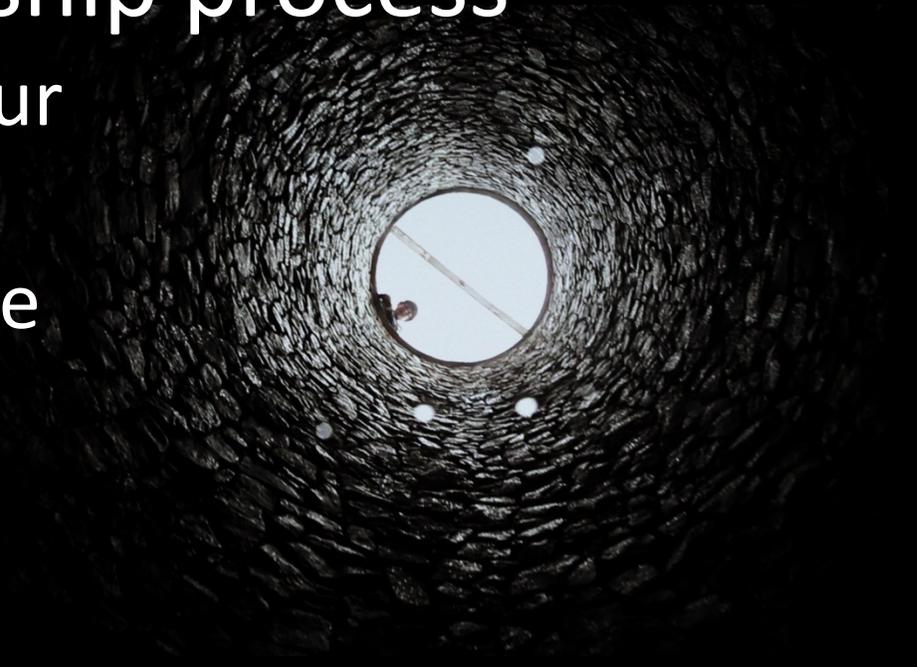
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3. Addresses the “obstacles”
 - Awareness
 - Willingness
 - Co-journeyer/Outside perspective



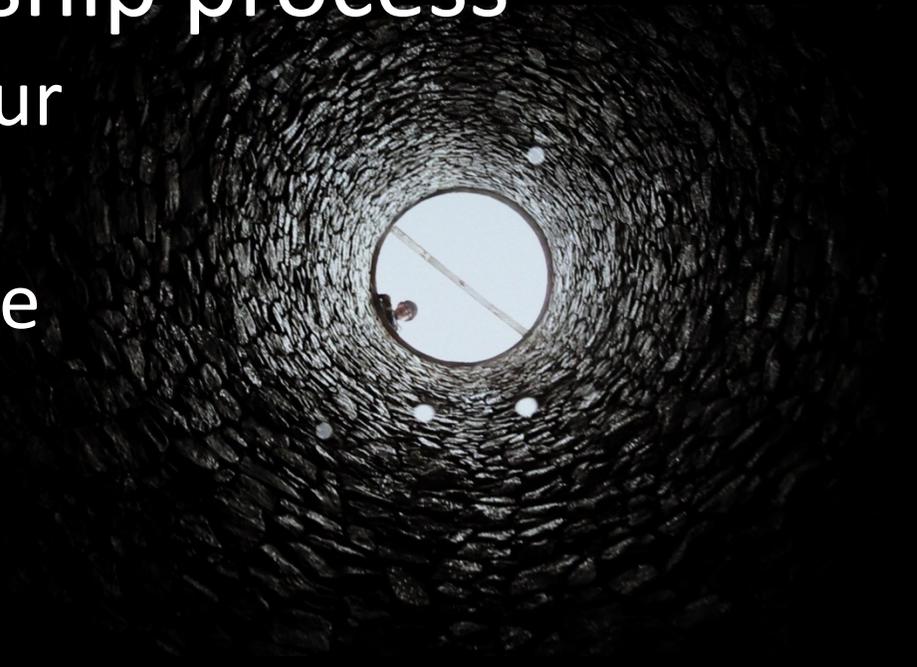
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1. Care of the deepest part of our being—the real us
2. Our part of the transformative process
3. Addresses the “obstacles”
 - a. Securing our **IDENTITY**



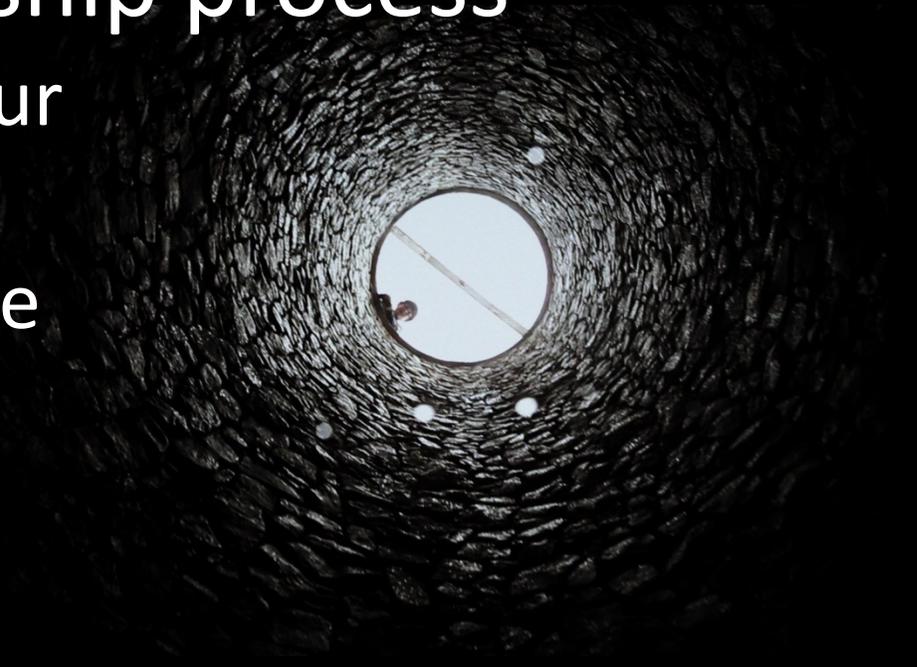
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 - a. Securing our IDENTITY
 - #2—“Who am I?”



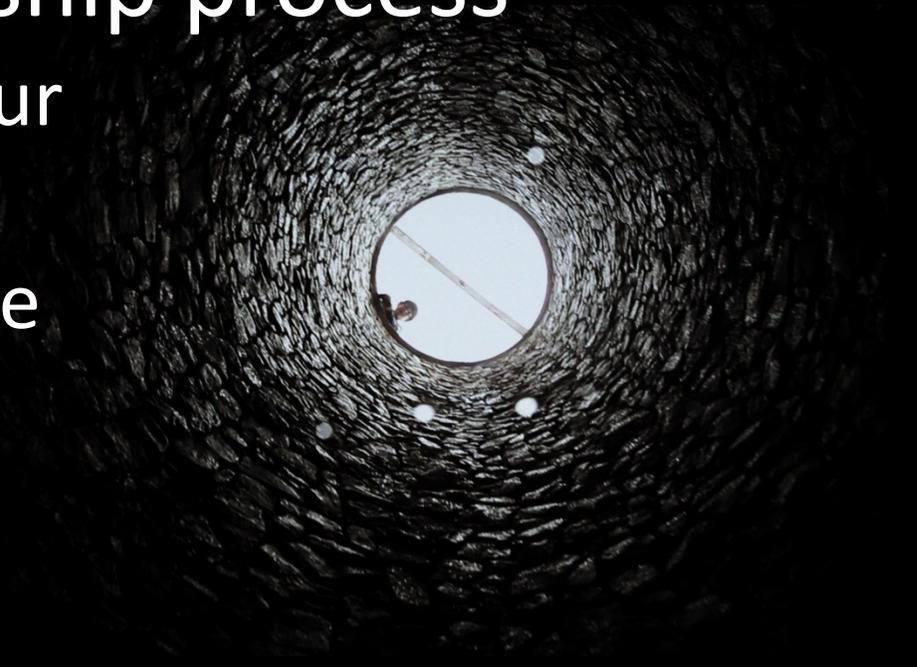
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 - a. Securing our **IDENTITY**
 - #2—“Who am I?”
 - #1—“Who’s my daddy?”



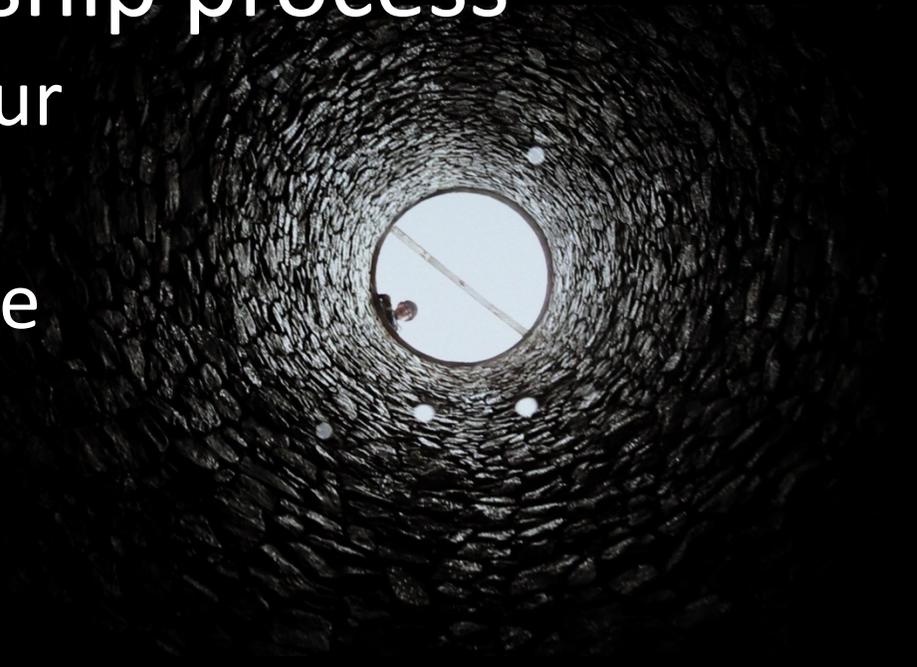
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3. Addresses the “**obstacles**”
 - a. Securing our IDENTITY
 - b. **Repentance & confession**



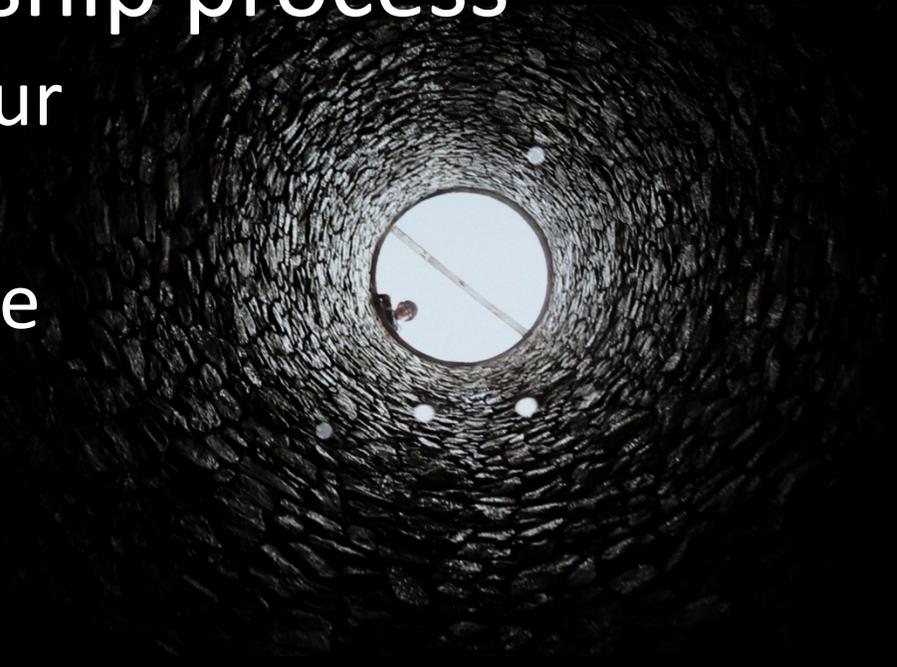
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 - b. Repentance & confession
 - **We repent before God**
 - **We confession to one another**



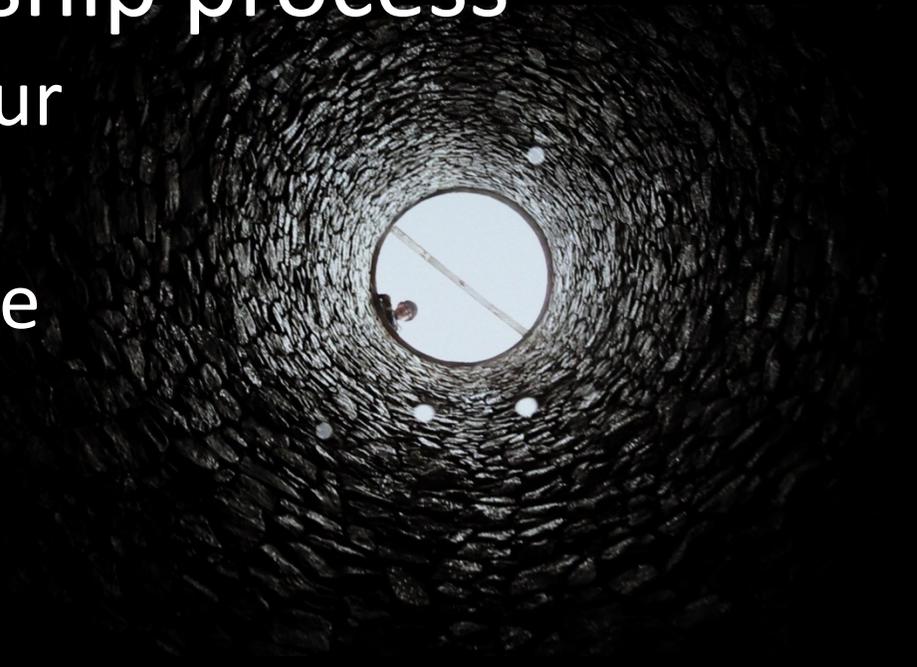
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 - We repent before God
 - We confession to one another
 - “**Keep your confessions current**”



Soul *Care*: Part of discipleship process

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2. Our part of the transformative process
3. Addresses the “**obstacles**”
 - a. Securing our IDENTITY
 - b. Repentance & confession
 - c. **Breaking family sin patterns**



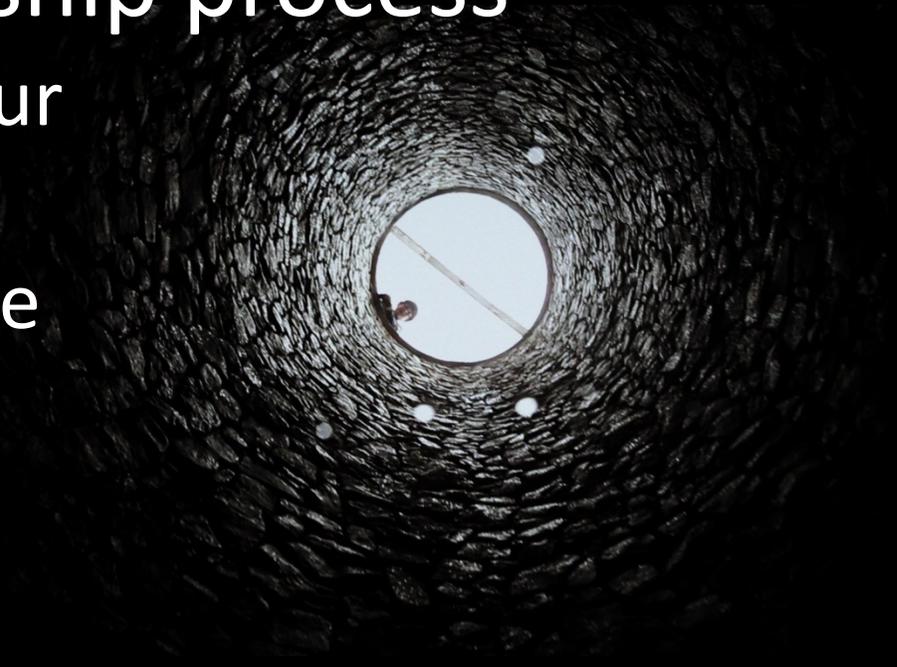
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 - c. Breaking family sin patterns
 - **Behavioral breakthrough**
 - **“Spiritual” breakthrough**



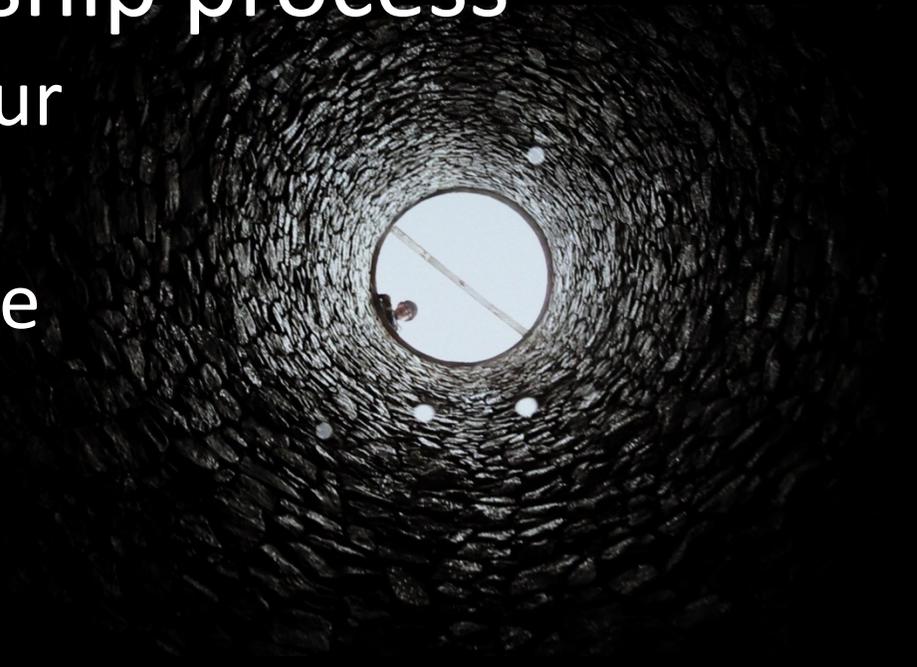
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 - Behavioral breakthrough
 - “Spiritual” breakthrough
 - **Ends with us**



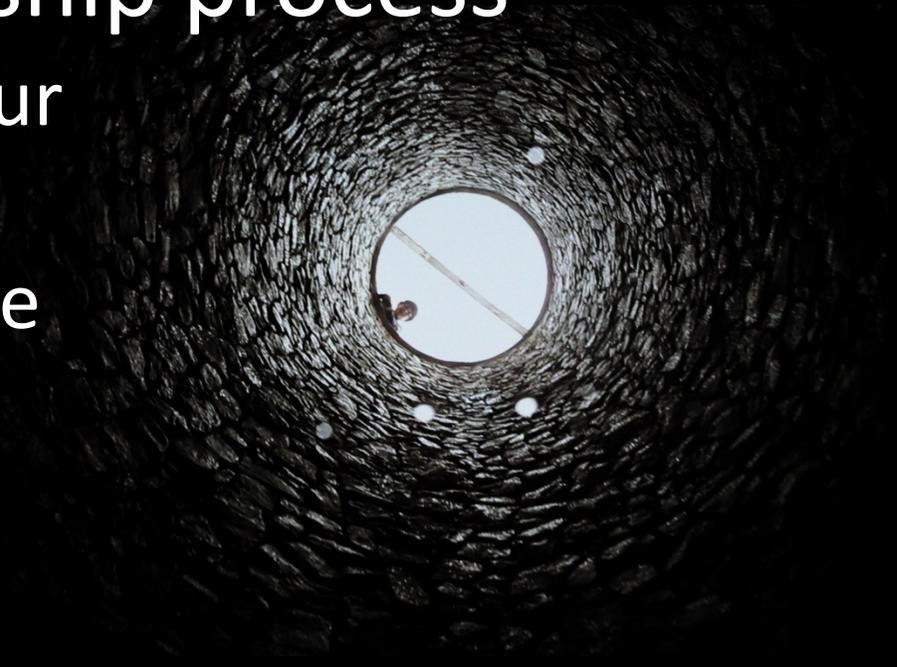
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 - c. Breaking family sin patterns
 - d. **Forgiving others**



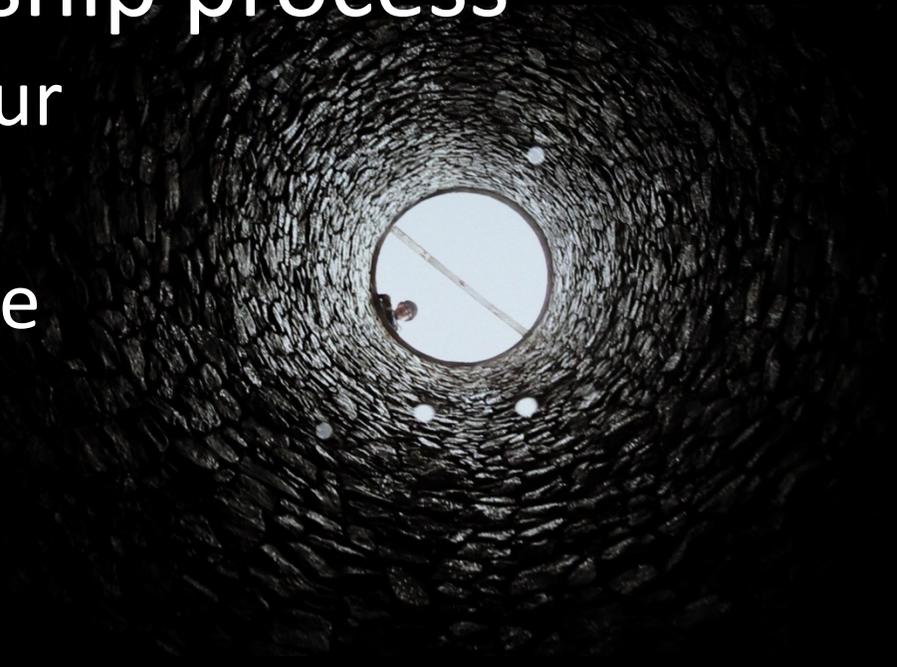
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 - d. Forgiving others
 - **Grieving—right to be angry**
 - **“Forgiving” them**
 - **Releasing—right to remain angry**



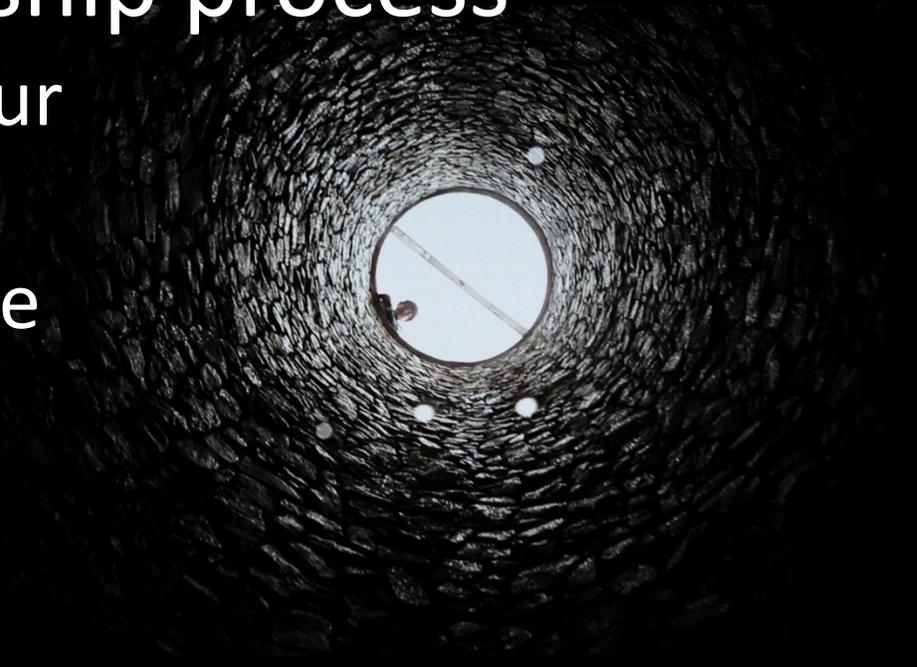
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 - e. **Healing wounds**



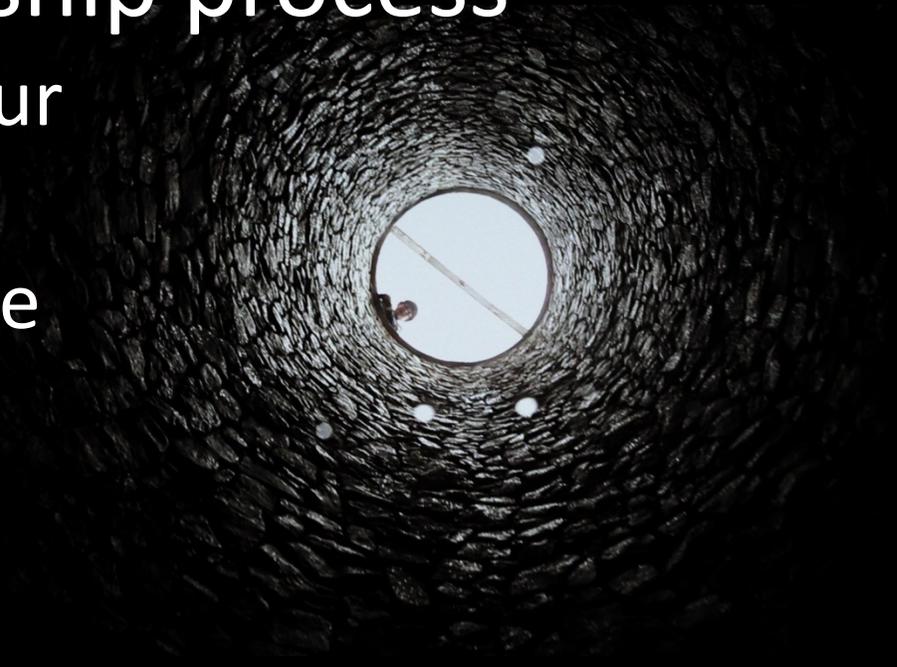
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 - d. Forgiving others
 - e. Healing **wounds** → **Physical, emotional, and spiritual**



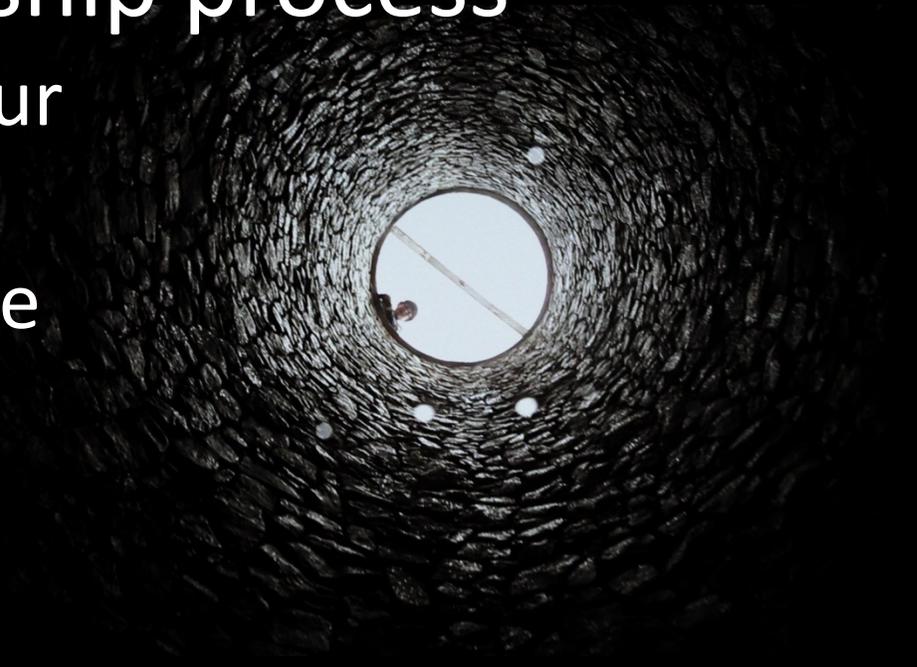
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 - f. Overcoming **fear** → “**behind every fear is a lie**”



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