

## Soul Care: Cultivating Emotional, Spiritual, and Relational Health in Ministry Leadership

Session #1 Diagnosing the Soul and Moving Toward Transformation

Friday, June 5<sup>th</sup> @ 10:30am

### **1. The nature of soul care is messy.**

2 Corinthians 1:6, “If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer.”

Hebrews 2:18, “For because he himself has suffered when tempted, he is able to help those who are being tempted.”

### **2. Keep careful watch on your soul.**

Proverbs 4:23, “Keep your heart with all vigilance, for from it flow the springs of life.”

Acts 20:28, “Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood.”

## Making it Personal:

I want you to think about the last conflict you experienced. Maybe it was something you did or said that hurt someone else. Maybe someone said or did something to you that was hurtful. Maybe there was a loss, a disappointment, or an expectation unmet. Do you have it? Now let's walk through each of these statements and ask some questions to help us work through what is going on.

### 1. I do what I do...external actions and words

What happened? Describe the circumstance or situation.

Who was involved?

How did it affect you?

What did you say? What was said to you?

What consequences did you experience?

### 2. I think what I think...internal thoughts and feelings

Describe the thoughts and emotions you experienced?

What internal conversations keep recurring?

If you could change this, how would it be different?

Are there lies you are tempted to believe about God, yourself, or this circumstance?

### 3. I want what I want...heart desires and motives

What did you want, desire, or wish for?

Circle the following words that capture what you needed or wanted:

Fear, security, approval, despair, comfort, affirmation, escape, pleasure, attention, anger, control, authority

What event, circumstance, or story came to mind with the words you circled?

### 4. I worship what I worship...me on the throne or Christ on the throne

What would have brought you the greatest pleasure, happiness, or delight?

What would have brought you the greatest pain or misery?

If you had the power to change this circumstance, what would you do differently?

Image #1: Root to Fruit (Jeremiah 17:5-10, Psalm 1, Luke 6:45, Matthew 15:18-19)

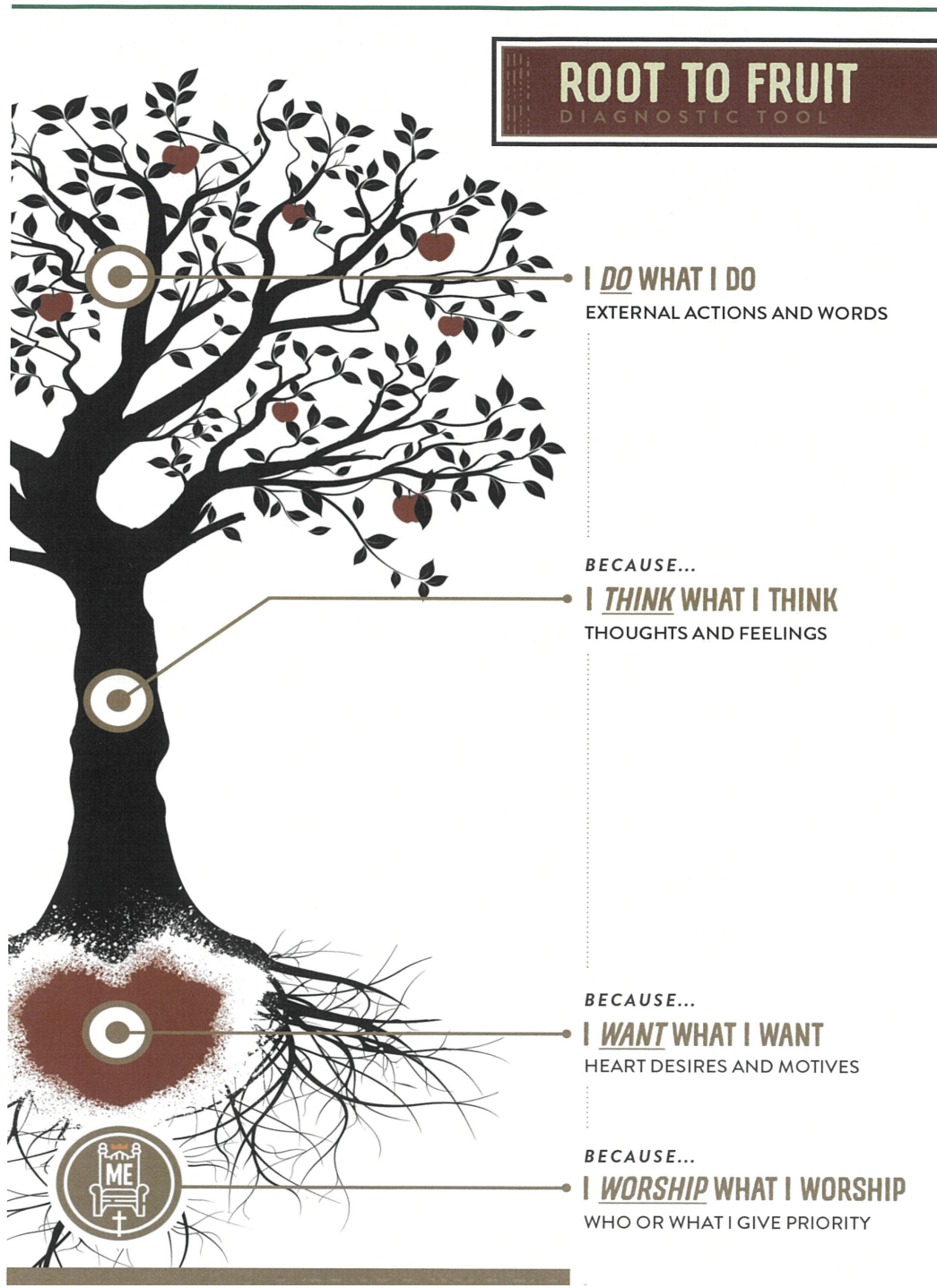
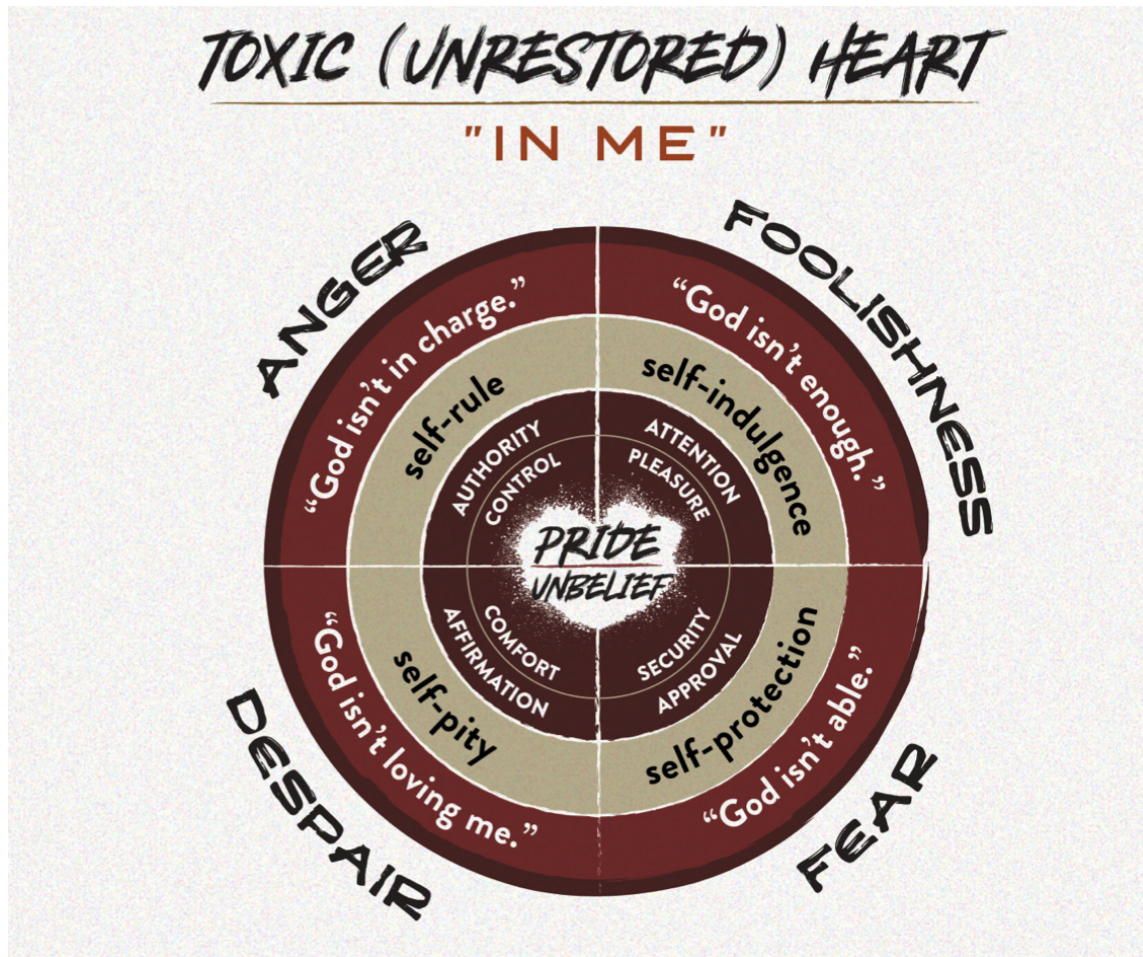


Image #2: Quadrants of the Heart (Common-to-Man Struggles 1 Corinthians 10:13)



Fear – 2 Kings 6:8-23 – Elisha and the chariots of fire (Servant only saw the problem, Elisha had the spiritual eyes to see the Lord's protection)

Primary question: What if...?

Primary motives: security, approval, leading to self-protection

Despair – 1 Kings 19:1-18 – Elijah Flees Jezebel

Primary question: Does God or anyone else care?

Primary motives: comfort, affirmation, leading to self-pity

Anger – Numbers 20:2-13 – Waters of Meribah – The people assembled and quarreled against Moses & Aaron because there was no water, and in anger, Moses struck the rock.

Primary question: Who's in charge?

Primary motives: authority, control, self-rule

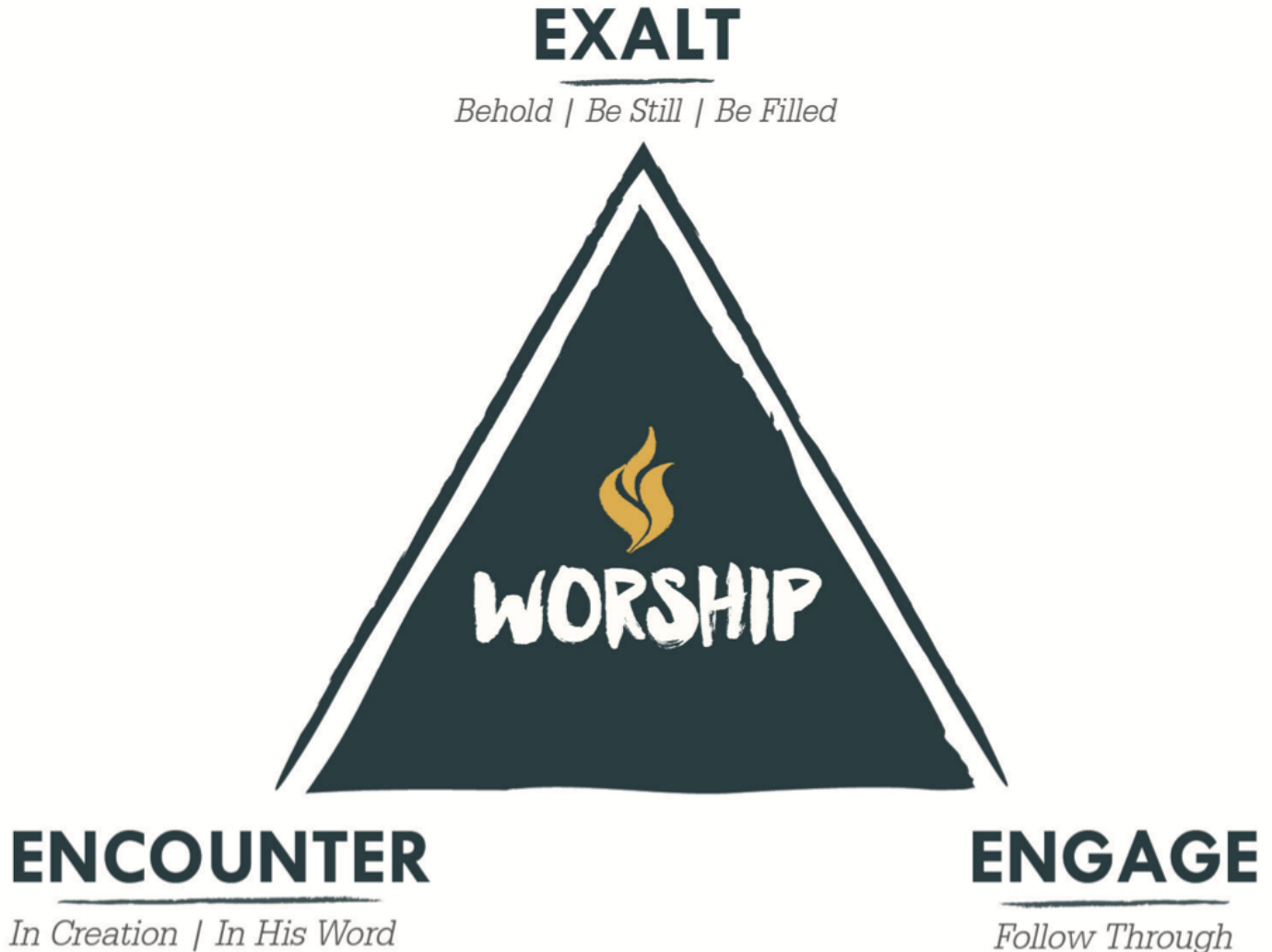
Foolishness – 2 Samuel 11:1-17, 12:11-13 – David's sin with Bathsheba, murder of Uriah, and rebuke from Nathan.

Primary question: Where can I get relief or find an escape?

Primary motives: pleasure, attention, self-indulgence

### Image #3: Transformation Triangle

2 Corinthians 3:16-18, “But when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.”



Connect your heart quadrant to worship. What about the Lord fires up your worship?

Fear – Psalm 46:1, Psalm 73:25-28

Despair – Psalm 31:7, 34:15, 119:68, Matthew 7:11

Anger – Philippians 2:9-11, James 1:19-20

Foolishness – Psalm 16:11, Proverbs 2:1-6, 3:19-24

# TOXIC (UNRESTORED) HEART

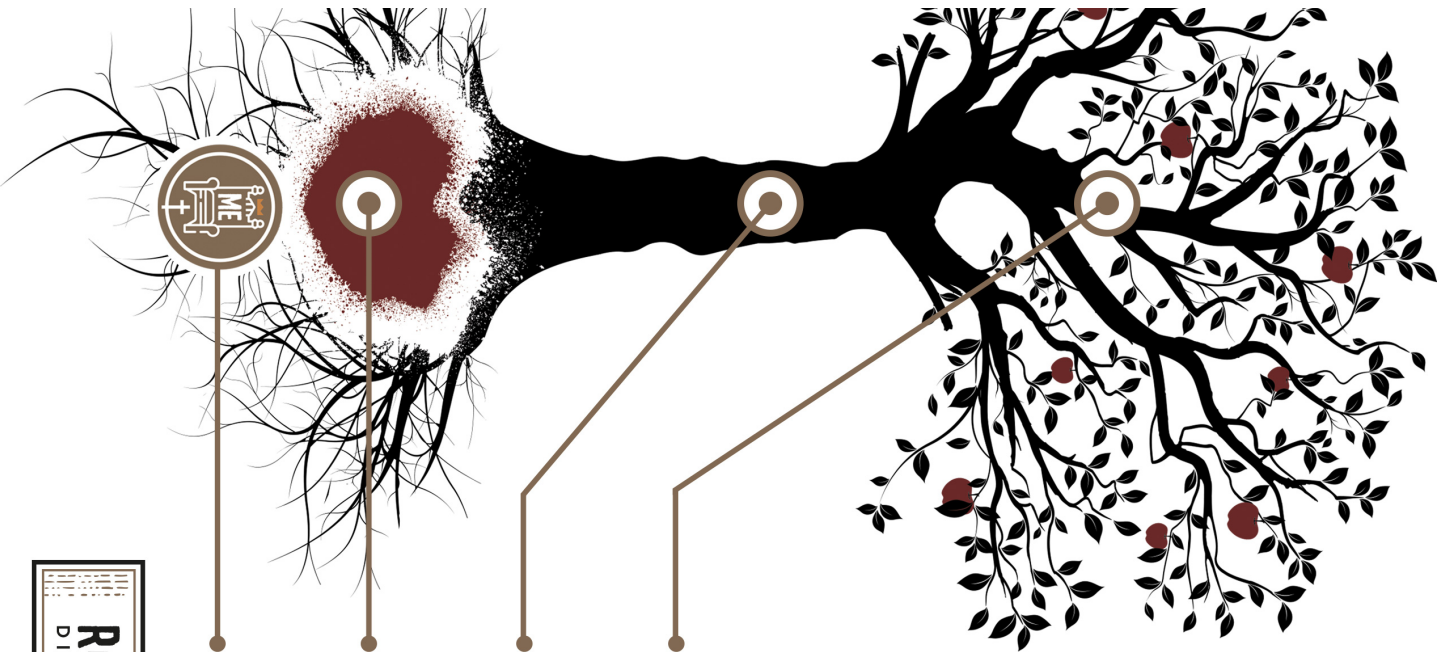
"IN ME"



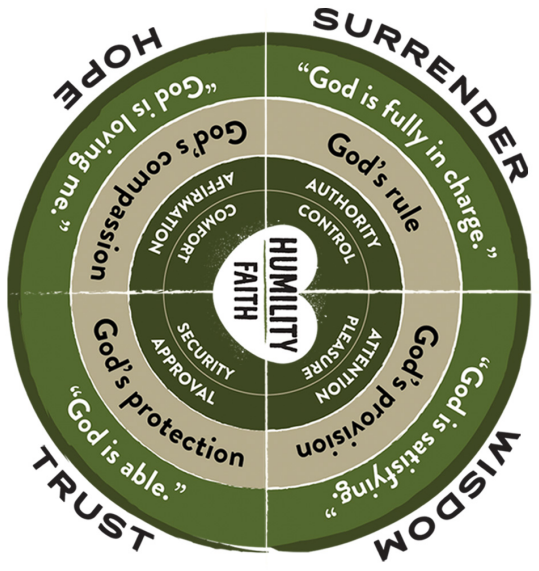
# TRANSFORMED HEART

"IN HIM"





**TOXIC HEART**  
(UNRESTORED)  
"IN ME"



**TRANSFORMED HEART**  
"IN HIM"

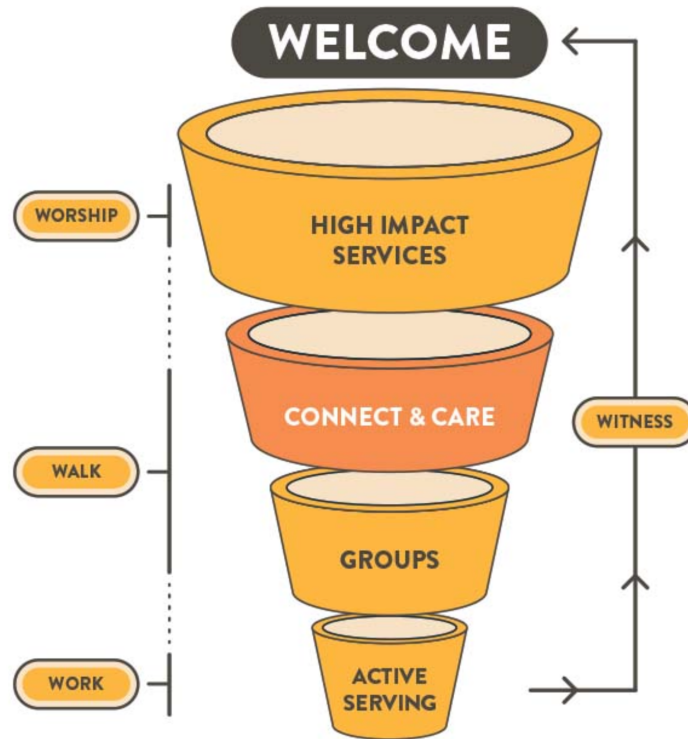
- I DO WHAT I DO**  
EXTERNAL ACTIONS AND WORDS
- BECAUSE...
- I THINK WHAT I THINK**  
THOUGHTS AND FEELINGS
- BECAUSE...
- I WANT WHAT I WANT**  
HEART DESIRES AND MOTIVES
- BECAUSE...
- I WORSHIP WHAT I WORSHIP**  
WHO OR WHAT I GIVE PRIORITY

**ROOT TO FRUIT**  
DIAGNOSTIC TOOL

**EXALT**  
BEHOLD | BESTILL | BE FILLED



**ENCOUNTER** | **ENGAGE**  
IN CREATION | IN HIS WORD | FOLLOW THROUGH



Sermon: Philippians 2:12-16 (Transformation Triangle)

1. Engage: True growth requires our worshipful cooperation. (12)
2. Exalt: True growth requires God’s power unleashed upon our hearts. (13)
  - a. Behold Him – Look to God and be in awe
  - b. Be Still – Literally ‘drop your arms’ (stop resisting, stop fighting). Be with your God.
  - c. Be Filled – Confess sin and align your heart with God’s agenda.
3. Encounter: True growth is directed by the revealing of God in His Word. (14-16)

Small Group Questions:

Opening: What truths impacted you most from the sermon/passage?

Inform the Head/Stir the Heart

Please read Philippians 2:12-16 and answer the following questions:

1. Please give some tangible examples of what it means to work out our salvation “with fear and trembling” and what it means to work out our salvation without fear and trembling?
2. What is significant about understanding that our job is to work “out” our salvation while God’s job is to work “in” us?
3. Please give tangible ways we can...
  - a. Behold our God.
  - b. Be still before our God.

- c. Be filled by the Holy Spirit.
4. How do grumbling and disputing become obstacles to being “blameless and innocent children of God without blemish”?
  5. From this passage, we see the call to encounter, exalt, and engage our living God. We use the term “muscling it” for when someone tries to move straight from “encounter” (reading the word) to “engage” (doing the word) without any exalting. Why is “muscling it” a bad plan in light of 2 Corinthians 3:16-18?
  6. What truths about your God from Philippians 2:12-16 stir you to a higher level of worship?

Challenge the Will

Based on what you learned in Sunday’s message and in your study time, what is one measurable thing you will go after this week in your walk with Christ?

Reading Plan:

- Philippians 2:1-11                      Have the Mind of Christ
- Ephesians 2:1-10                      But God
- 1 Peter 4:1-11                          Think Like Jesus
- Psalm 119:9-24                        Delight in His Word
- Genesis 3:1-7, Rm. 5:19              A Heart Turned Toxic

Case Study #1

A member of the church, Mark, approaches you after Sunday service and asks to meet you for coffee this week. Mark is 38 years old, married, and has two children. He has attended church faithfully for several years and serves twice a month on the greeter team.

During the meeting, Mark says: “I feel spiritually dry. I still come to church, but I honestly feel distant from God. I’m exhausted all the time, irritable with my wife and kids, and I’ve started wondering if my faith is even real anymore.”

As the conversation continues, several details emerge:

- Mark recently received a promotion at work that requires longer hours.
- He admits he has stopped reading Scripture and praying consistently.
- He feels guilty because he knows he “should be doing better spiritually.”
- His wife recently told him she feels emotionally disconnected from him.
- He says: “I know the right answers, but my heart just feels numb.”

Mark is not asking for formal counseling yet. He mainly wants someone to listen and help him understand what is happening.

|   |   |
|---|---|
| <p>Root to Fruit: Diagnostic and Data Gathering<br/>I do... Words and Actions</p> <p>I think...I feel...</p> <p>I want...</p> <p>I worship...</p>   | <p>Heart Quadrant: Toxic “In Me”</p> <p>Fear – security, approval, self-protection. What if?</p> <p>Despair – comfort, affirmation, self-pity. Does God or anyone else love me?</p> <p>Anger – control, authority, self-rule. Who is in charge?</p> <p>Foolishness – pleasure, attention, self-indulgence.<br/>Where can I get relief or find escape?</p> |
| <p>Transformation Triangle:<br/>Encounter: What Scriptures might give hope and help to this person’s heart quadrant?</p> <p>Exalt: What truth about God (His person, His character, or His work) ignites worship? We do not worship God’s benefits or blessings. We worship Him.</p> <p>Engage: As who God is begins to rub off onto you, what does His transforming work look like?<br/>Transformed Heart: Trust, Hope, Surrender, Wisdom.</p> |   |

Case Study #2

Jason and Emily, members of the church for six years, request a meeting with you. They are both in their mid-30s and have been married for 11 years with three children.

Jason begins the meeting by saying: “We’re not talking anymore unless it’s about schedules, bills, or the kids.”

Emily responds: “Every conversation turns into an argument or silence. I feel alone in this marriage.”

As the discussion continues, the following details emerge:

- Jason works long hours and often comes home mentally exhausted.
- Emily feels overwhelmed managing the children and home responsibilities.
- They rarely spend intentional time together.
- Small disagreements quickly escalate into criticism and defensiveness.
- Jason says Emily is “never satisfied.”
- Emily says Jason is “emotionally checked out.”
- They both admit resentment has been building for years.
- Neither believes divorce is the answer, but both feel hopeless about change.

Toward the end of the conversation, Emily quietly says:

“I don’t even know how to be friends anymore.”

|   |   |
|---|---|
| <p>Root to Fruit: Diagnostic and Data Gathering<br/>I do... Words and Actions</p> <p>I think...I feel...</p> <p>I want...</p> <p>I worship...</p>   | <p>Heart Quadrant: Toxic “In Me”</p> <p>Fear – security, approval, self-protection. What if?</p> <p>Despair – comfort, affirmation, self-pity. Does God or anyone else love me?</p> <p>Anger – control, authority, self-rule. Who is in charge?</p> <p>Foolishness – pleasure, attention, self-indulgence.<br/>Where can I get relief or find escape?</p> |
| <p>Transformation Triangle:<br/>Encounter: What Scriptures might give hope and help to this person’s heart quadrant?</p> <p>Exalt: What truth about God (His person, His character, or His work) ignites worship? We do not worship God’s benefits or blessings. We worship Him.</p> <p>Engage: As who God is begins to rub off onto you, what does His transforming work look like?<br/>Transformed Heart: Trust, Hope, Surrender, Wisdom.</p> |   |

### Case Study #3

You're the Pastor of a small church where most people in the community know one another through family ties, school relationships, or local businesses. The church is multi-generational, and many members are related by blood or marriage. One afternoon, a church member named Alicia asks to meet privately with you. During the meeting, Alicia begins crying and says: "Pastor, I don't know who I can trust anymore."

She explains that her husband, Marcus, has been spending increasing amounts of time drinking with friends after work. He recently lost steady employment because tourism on the island slowed during the off-season. Financial pressure has increased in the home, and arguments have become frequent.

Alicia says:

- Marcus becomes defensive whenever finances are discussed.
- He has started gambling informally at local gatherings.
- Their teenage son has become angry and distant.
- Extended family members have begun taking sides.
- Rumors about their marriage are spreading through the community and even within the church.

She quietly adds: "I'm embarrassed to even come here because everybody talks."

As their Pastor you also know:

- Marcus occasionally attends church but has been inconsistent lately.
- Several men in the church socialize regularly with Marcus.
- Some church members are already speculating about the couple's problems.
- The island culture highly values family reputation and public appearance.

|   |   |
|---|---|
| <p>Root to Fruit: Diagnostic and Data Gathering<br/>I do... Words and Actions</p> <p>I think...I feel...</p> <p>I want...</p> <p>I worship...</p>   | <p>Heart Quadrant: Toxic "In Me"</p> <p>Fear – security, approval, self-protection. What if?</p> <p>Despair – comfort, affirmation, self-pity. Does God or anyone else love me?</p> <p>Anger – control, authority, self-rule. Who is in charge?</p> <p>Foolishness – pleasure, attention, self-indulgence.<br/>Where can I get relief or find escape?</p> |
| <p>Transformation Triangle:<br/>Encounter: What Scriptures might give hope and help to this person's heart quadrant?</p> <p>Exalt: What truth about God (His person, His character, or His work) ignites worship? We do not worship God's benefits or blessings. We worship Him.</p> <p>Engage: As who God is begins to rub off onto you, what does His transforming work look like?<br/>Transformed Heart: Trust, Hope, Surrender, Wisdom.</p> |   |