



Sunday Recap Guide

Soul Décor – What Kind of Soul Do You Have?

E — Encouragement

Start by creating space for people to check in and share honestly.

Highs & Lows

- What was a high moment from your week?
- What was something challenging or heavy this week?

Check-In Questions

- When did you feel most connected to God this week?
- When did you feel most drained or disconnected?
- What is something that has been bringing life to your soul lately?

Icebreaker Thought

The sermon talked about **not treating our life like a hotel but a home.**

Ask:

- What's one thing in your daily life that helps your soul feel "at home" with God?

Encourage the group that God cares deeply about the condition of their **inner life**, not just what people see on the outside.

S — Scripture

1 Peter 3:3–4 — True Beauty Comes From Within

“Your beauty should not come from outward adornment... rather it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.”

Context

Peter is writing to believers scattered throughout the Roman Empire who were navigating cultural pressure and misunderstanding. In a world focused heavily on appearance, status, and public reputation, Peter redirects attention to what God values most: **the inner life**.

The phrase “**gentle and quiet spirit**” does not mean weak or silent.

In the Greek:

- *Gentle* = strength under control
- *Quiet* = a settled, peaceful heart that trusts God

Peter is saying the **soul’s décor matters more than external presentation**.

Discussion

- Why do you think our culture puts so much emphasis on external image?
- What does “unfading beauty” look like spiritually?
- How can someone cultivate a peaceful and strong spirit in a chaotic world?

Romans 8:29 — The Standard Is Jesus

“For God knew his people in advance, and he chose them to become like his Son.”

Biblical Insight

God’s goal for believers is **formation**, not just forgiveness.

Salvation begins the process, but transformation continues throughout life.

The theological term here is **sanctification** — becoming more like Christ over time.

God is shaping our:

- Character
- Reactions
- Love for people
- Emotional maturity

Spiritual maturity and emotional maturity are deeply connected.

You cannot reflect Jesus externally if your soul is unhealthy internally.

Discussion

- What do you think becoming like Jesus practically looks like?
- Where do you see God shaping you lately?
- Why do you think emotional health matters to spiritual growth?

Acts 10:38 — The Spirit-Filled Life

“God anointed Jesus of Nazareth with the Holy Spirit and with power... He went around doing good.”

Key Insight

Jesus lived with a **beautiful soul because He lived in constant connection with the Father and the Holy Spirit.**

Everything Jesus did flowed from that connection.

Notice the pattern:

Presence with God → Power → Compassion for people

Jesus did not rush through life disconnected from the Father.

Discussion

- What stands out to you about how Jesus lived?
- What habits might have sustained Jesus spiritually?
- What would it look like for your life to flow from connection with God instead of pressure?

1 John 4:17 — Reflecting Jesus

“Because as He is, so are we in this world.”

This verse reminds believers that the life of Jesus is meant to be **seen through us**.

We are not called to simply admire Jesus but to **reflect Him**.

The Holy Spirit forms the character of Christ inside us.

Discussion

- Where do you see Jesus forming His character in you?
- What would people notice about Jesus if they watched your life this week?

Psalms 42:1 — A Soul That Longs for God

“As the deer pants for the water brooks, so pants my soul for You, O God.”

Biblical Picture

This is a picture of **deep spiritual thirst**.

The psalmist recognizes that only God satisfies the soul.

Many people are spiritually tired not because they are bad Christians but because their souls are **running on empty**.

A disconnected soul slowly dries out.

Discussion

- What does your soul usually run to for refreshment?
- What practices help you slow down and reconnect with God?

Key Takeaway

Many Christians don't have an ugly soul — just a **disconnected one**.

God cares most about the **condition of our inner life**.

The goal of spiritual growth is not looking better externally but becoming **more like Jesus internally**.

And that only happens through connection with Him.

P — Prayer

Take time to pray intentionally for one another.

Prayer Prompts

- Pray that God would help each person care for their soul.
- Pray for deeper connection with Jesus this week.
- Pray for peace and rest where people feel overwhelmed.
- Pray that the Holy Spirit would form the character of Christ in each person.

Group Prayer Moment

Go around the circle and allow each person to share one thing their soul needs right now.

After sharing, pray over each person by name.

End by thanking God that He cares deeply about our inner life and is actively shaping us to become like Jesus.

N — Next Steps

Choose one this week:

- Spend **10 intentional minutes with God daily** (Scripture, prayer, silence).
- Ask God to reveal areas where your soul may be disconnected.
- Replace one distraction this week with time with God.
- Practice being a **thermostat not a thermometer** — bring peace instead of reacting to chaos.