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How's your soul

How to nourish your soul. How to heal your soul. How to be a graphic designer without losing your soul. How old is your soul. How to save your soul. How to feed your soul. How to rest your soul. How to cleanse your soul.

Quotable Have you ever had someone look deep into your soul and ask, "Are you okay?" [Page 15] Quotable I am convinced that an awareness of God's care for us is the key to emotional sanity. [Page 78] Quotable This is a book about having ok inside. It is a book about being content, stable and healthy at the soul level. [Page 16] How do you keep your inner and healthy person alive? The breath of God quotes is the essential characteristic of the human soul. [Page 31] If I asked you "What is your soul like", what comes to mind? Ultimately citable the stability and security and the result of our souls must be in the hands of someone who is greater than our souls and greater than our turmoil. [Page 18] Quotable is à Àchelsea, I love you. "She didn't do it. Therefore I miss a step while he whispered, is à" "You have already said that at Applebee, love hopes for all things. This could save your marriage, your family and your friends. Keep hoping and believing and enduring. Sooner or later love will win. [Page 117] How valuable are our healthy souls? That is the question we should ask. [page 25] What is the hardest thing to keep your soul healthy? Quotable Do you want a quiet soul? You want a peaceful spirit? So draw lines. Draw boundaries. Create a margin and a buffer for your soul. [Page 135] Quotable Following Jesus is first of all an internal functioning. God is changing us from the inside. It is the only source of a constant walk and a coherent soul. [Page 187] Quotable eternity is calling your soul. It inspires you to wake up, dream again and take risks. [Page 210] Posted at 04: 00h in Uncategorized by Scott Savage IT "It's not a question we ask ourselves very often. But I'm not sure there's a more important question we should talk about. In his book of the same title, Jude Smith shares how our soul health is a barometer for everything else in our lives. It is a great reading and a timely reminder that, despite our modern advances, we have not yet found a way to automate or speed up the process of caring for our souls. Smith shares from his own experience and conversations with others the non-shocking revelation that many leaders (and I would say many other periods) live with souls who are not at all. While reading the book last year, I was recently reminded that reading a book does not mean that you live the message perfectly. A couple of weeks ago, I realized my soul wasn't as good as I thought it was. I noticed that I was more easily annoyed by my children. I was not shown my wife the patience and grace I long to exude. And I was tired. Not the kind of tiredness that comes from staying too late and getting up too early. But the kind of tiredness, which comes from a deeper level. In this You Wasna t someone who asked me a Howa s your soul? It's. I asked myself the question, a soul, how are you? A We Specialize in Ignoring Our Souls Many of us are talented to ignore notifications on a daily basis. We can ignore a call without pulling our phone from our pockets. I hit the button À è à,- À "decline è à,- and tell a friend" À è à,- "is fine, we call them later. À »We make sure to leave a message not open, so we do not accidentally send a read receipt. (There is no need to know that we ignore them!) While one thing ignoring notifications on our phone or our computer, it's another thing to ignore the notifications that come from our souls. I wish my soul has sent a notification clearly like Facebook! The signs of the soul are more subtle and easier to avoid. There are many ways to ignore our souls. - Take too much -Numumb (with Netflix, a "four-year) drink -pome time online -bews around people constantly and avoid being alone - keeps music or TV and avoid being quiet longer ignoring your soul, The longer will be when you finally learn the answer to À è à,- "like your soul? À è à,- "I should have knew better when I recently learned that my soul was not as good as I could be really stupid. I should have known him better. More opportunities, I told the staff I condoro who expects you to use All their vacation time every year (unless they are bringing time from year to year for a specific purpose). Well, I couldn't take my advice and let me enter deeply prolonged this year. About five weeks before I had to take a free week, I realized that I could use that week a couple of weeks ago. The question, À è à,- "How your soul? À, à,- ", is not the way to separate the super-spiritual and hyper-sÀ © conscious from the rest of the United States À è à,- À è à,- À è à,- thematic. À » SA reminder That our soul is not an accessory for our lives. It is the very source of our life and when our soul is not well, nothing else can even be. How do we monitor our souls? It is difficult to know how you are Exactly your soul at any moment. But it is easier to monitor things that increase the health of our souls. I have a personal dashboard I use to monitor my health (both physically and at the level of the soul). Now, I just shared the surface as I ignored one of the calibers recently, but I have a list of things I discovered are good indicators for me to watch. My personal dashboard includes. ... -Hours sleep at night -dily - WEIGHT -LEVEL at home -Number of Workouts per week -Reading material and engagement. Vacation Time used -QUALITY Of friendships outside the work -Atum of hobbies unrelated to work - Laughter regularity (when they are good, does not laugh. When I'm not good, I'm not.) A quick review of this list gives me a good idea of how my soul is doing. Of these is a monitor on my soul, but if I were to participate in these, I create to create an environment for my soul to thrive. What does your dashboard include? After seeing what my dashboard includes, I wonder what could include. What 3-5 things could you monitor regularly? If you These and share them with others you trust, not only can you ask your soul, à è "Like your soul? à è, but they can ask you as well. Before reading further, stop and consider what may include your dashboard. Create a list on your phone or a grip to take a pen and pop some ideas. There is no perfect dashboard, suitable for a cut-out-all for all of us, but I encourage you to experiment and explore on your way to one that works. Each of us renews in unique ways like a pastor, I walk a thin line. I am spoken to large groups about the challenges that are common to many, but I never want to force everyone in the same box. I was challenged by the words of Oswald Chambers, whose sermons make up the popular devotional book, my maximum for its highest. Rooms once said, "allow God to be creative and original with others like him with you." Just as I think your dashboard should look unique, so if your process of renewal à è "Follow as you Try to support your soul's health and when you try to restore your soul to a healthy place. A resource to explore your routes to renewal when you trip on a resource that embraces this ideal of the rooms, I am excited to share it. In his book, sacred paths: discover the path of your soul to God, Gary Thomas suggests that each one of us has a unique way to relate to God, which corresponds to our wiring and personality. It draws nine temperaments through which we connect with God. This list includes naturalists, à Senators, traditionalists, asceticists, activists, caregivers, enthusiasts, contemplatives and intellectuals. The naturalists try to leave formal and indoor spiritual environments for the divinely constructed "zathedrals". Using all five senses, sensitive to experience God in the visible, tangible and palpable. Traditionalists use rituals, symbols and self-discipline to connect with God. According to Thomas, à è "gravize gravitating towards solitude, austerity, simplicity and deep commitment. Activists express their love for God standing against injustice, fighting for justice and justice. The caregivers love God by loving others. Fans meet God through moments of sow, excitement, wonder and adoration. Contemplatives worship God through silence, privacy and intense reflection. Intellectuals embrace the words of Jesus who have called us à è "from God with our minds", challenging themselves with a cognitive research of greater knowledge. Thomas notes that most of us are a combination of two or three temperaments. While his writing does not have a scientific research to support it, his simple recognition of nuances and textures to this conversationSimplified reminds us that we have the freedom to start experimenting to find what worked for me. The only role you can fulfill in caring for your soul is one that you cannot delegate, externalize or entrust to someone else. That's what only you can satisfy. Of course, others may ask à "" to your soul? "E" Ma Ma Ma You can really answer that question and only you can do what is necessary to change that answer. I hope my mistakes and my lessons earned can be a guide for you. If you have a little wisdom from your experience in this field, please share it in the comments below. And like Judah Smith, maybe the next time you tried to ask someone À «How are you? À » Shake things and ask for À «How is your soul? The Hope Manifesto: Because we need you to fight cynicism and fear today! Thank you for signing up! Now check your email to download your copy of the poster of hope. Have you ever had someone who looked at her deep in the soul and asked you: "Are you okay?" I'm not talking about a casual acquaintance. I mean someone who really knows you. Someone who understands you. Someone who somehow understands your unintended struggles and who cares enough to push you and investigate beyond your superficial à è «You, I'm fine. " The fact that the person should ask you if you're okay means you're probably not well. You know both of them. But the offer of dialogue in this regard is somehow comforting. Even healing. "To tell the real", no, I don't think I'm fine. I mean, I'll be fine. I'm pretty sure, anyway. I cavor it. But right now my world is upside down. I don't understand what I'm thinking or trying. I'm here for you. If you want to talk, let me know. The vulnerability fears. It is more certain to be superficial. To be honest, there are not many friends so 'out. And even when people try to dig deeper, we tend to avoid their inner questions as long as possible. Deep the inner vulnerability scares. It is more certain to be superficial. Yes, I'm great. My job is going well ... I'm reaching my financial goals ... I just signed with a recording studio ... the boys are taking good grades ... I go to the gym regularly ... yes, I'm fine. I'm just tired, you know. Nothing special. Why do you ask? It's easy to point to the external indicators of success to show how much we are «okay.à è» But none of these things à è "wealth, fame, family, the goals achieved à è" means that we are Healthy and happy inside us. My new book HowÀ è s you soul? Talk to feel good inside. It is a book on being satisfied, stable and healthy at the level of the soul. The question à à «Are you okay? À » Fear, because it has to do with the real you, not with your successes or your activities, but with your emotions, your thoughts, your decisions, your values and your desires. For me personally, I often don't want to know the answer. Inside me, I'm afraid of not feeling good. I have internal contradictions that I would prefer not to deal with. That's why this is probably the book Scary I've ever written. I know it's a weird thing to admit to an author, but it's true. Writing of inner health, emotional stability and other topics related to the soul is a vulnerable business, because before being aor shepherd or speaker, I am a human being. How can I speak and teach on the subject when my soul is deformed and imperfect? God's Message in Jeremiah This book is the result of struggling with questions like these in my life and experience. I'm on the road, just like everyone else. I'm not here to tell you what to believe or how to act. Yeah, I learned a few things along the way, and I hope they help you. But I'm not an expert inside you at all. I don't mean to imply that I'm the last word on what a soul should look like or how to repair a broken heart. When it comes to the human soul, I don't think any of us can claim to have understood everything. More than twenty-five hundred years ago, the prophet Jeremiah gave the ancient nation of Israel a message from God: "The heart is deceiving more than anything else and is desperately sick. Who knows? À" (17:9). That's not encouraging at all. But Jeremiah wasn't cynical. He was honest. He was simply affirming the human condition. Apparently, he had come face to face with the same fears we face: that maybe deep down, we don't have everything together; maybe inside us it's not okay. God's message in Jeremiah doesn't stop there, though. The next verse says, "I the Lord search the heart and try the mind" (17:10). In other words, we may not always understand ourselves, but God can. He knows us better than we know ourselves. That is why the heart of this book is not to elevate our human opinions or experiences, but to learn from the One who designed our souls first: God. You'll soon realize, if you don't already know, that I'm a Bible boy and a Jesus boy. I believe that God exists and that he cares about what happens on this planet. I think the only way to make this life meaningful is to include God in our plans and equations. Even if you're not sure what you believe about God, or Jesus, or the Bible, I think a lot of what Scripture says will resonate with you. It is, after all, a collection of the wisdom and life experiences of some forty different writers over the course of almost fifteen centuries. So, at the very least, I invite you to approach the Bible as a compendium of ancient wisdom and philosophy. Maybe there are some things you can get out of that that apply to your life in the 21st century. And if the Bible is truly God's perfect, inspired message to mankind, as I believe it is, then it's worth hearing what the Creator has to say about this complicated thing we call the soul. Why are Our Souls important? Why is this important? Why are our souls important? Why should we care about the health of our souls? Because no matter who we are and how long or how well we have navigated life, there will be times when our souls will find themselves in BuI, moments in which we doubt our inner stability and we wonder if we are really fine. In moments like these, how do we answer? We have to wait? wait? Are we perfect before we proceed? Are we looking for six infallible steps for the stability of the soul? Do we stop in fear of failure? Ultimately the stability and security and the result of our souls must be in the hands of someone who is greater than our souls and greater than our turmoil. That someone is God, and he invites us to go on a journey of soul discovery and soul health with him. Judah Smith is the senior pastor of the City of Seattle Church. His new book HowÀ s Your Soul: Why Matters starts with the inside You are available on Howsoursoul.com, Amazon and other bookstores. stores.

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