

# SOUL

of the  
Matter

*Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.*

*Mark 12:30*





# A Healthy You





# A Healthy You

## *What About Spiritual You?*

We offer up religion

We have the concept of self-fulfilled

We talk about a deeper understanding of God

*“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”*





# A Healthy You

## *Soul Health*

**Physical we must avoid junk food and promote activity**

**Mental we must avoid misinformation and engage in stimulating study**

**Emotional get away from abusive people or toxic situations and find ones that are safe and encouraging**

**Your Soul works the same way**





# Sick Soul





# Broken

***What you want is to feel better!***

**Coming to Church: Sing some songs, Say a prayer, Listen to a Sermon, Talk about Jesus, God maybe Sin?**

***That is called soul medication -- 2 Timothy 4:3***

**For the time will come when people will not put up with sound doctrine. Instead, to suit their own desires, they will gather around them a great number of teachers to say what their itching ears want to hear.**





# Broken

*You know what my ultimate dream  
in ministry is?*

**You never come back here to get another fix**

**You come back because you got healthy**

**When you come back you bring others that are  
broken because you know this is a place to get  
your soul healthy**





# The Healthy Soul Environment







# The Healthy Soul Environment

*Rest – Enjoy the Trees (Genesis 2:7-9)*

Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being. **Now the Lord God had planted a garden in the east, in Eden; and there he put the man he had formed.** The Lord God made all kinds of trees grow out of the ground—trees that were pleasing to the eye and good for food. In the middle of the garden were the tree of life and the tree of the knowledge of good and evil.





# The Healthy Soul Environment

*Rest – God Thought of Everything*

**There was beauty:** Pleasing to the eye

**There was nutrition:** Good for food

**There was freedom:** In the middle of the garden were the tree of life and the tree of the knowledge of good and evil

**There was God:** Then the man and his wife heard the Lord God as he was walking in the garden in the cool of the day

**Healthy: Meet and Rest with God**





# The Healthy Soul Environment

*Responsibility -- Get to Work (v. 15)*

The Lord God took the man and put him in the Garden of Eden to work it and take care of it

God says there is work involved

God did all the "pre-work" in creation

However, for the sake of our soul he tells us its ours to maintain

Why?





# The Healthy Soul Environment

*Responsibility -- Get to Work (v. 15)*

**Work allows us to appreciate what God did for us**

**Work indicates we have a responsibility  
in the relationship**

**Work gives us the opportunity to  
personalize God's creation**

**That means there is no us in the relationship**





# No Work

**Our soul becomes lazy,  
selfish, discontent, and sick**





# The Healthy Soul Environment

*Restraint -- There are Limits (Genesis 2:16-17)*

**And the Lord God commanded the man, “You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die.”**





# The Healthy Soul Environment

*For our souls to be free there must be limits*

For there to be limits there must be a **NO!**

No allows us the opportunity to have choice

Freedom can only exist in the presence of choice

Your soul is not designed to live healthy in a chaotic no limit world any more than your body can be healthy living at an all you can eat pancake buffet





# The Healthy Soul Environment

*Relationship -- Helpers that fit (Genesis 2:18)*

The Lord God said, “It is not good for the man to be alone. I will make a helper suitable for him.”

**You are not designed to be ALONE!**

**Just you and God are not enough.... God said so**

**God desired you live in relationship with**

**HIM**

**Nature**

**Others**

**Enjoy the trees & Name the Animals**







# The Healthy Soul Environment

*Real -- No coverings required (Genesis 2:25)*

**Adam and his wife were both naked, and they felt no shame.**

**Naked is not the big deal it's the fact they felt no shame**

**Our soul was intended to live naked and open  
in front of God with no shame**





# Broken Environment

**Being real was the first thing that broke (Genesis 3:7-8)**

**Being Relational also got broken as Adam and Eve  
played the blame game (Genesis 3:11-12)**

**Being Restrained Broken (Genesis 3:22)**

**Being Restful Broken (Genesis 3:19)**



# Medicated?



# Healed?