

**SEEK YE FIRST  
"SOUL" - Pt 1 of 6  
October 15, 2017**

*"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."* **3 John 1:2 (NIV)**

Front Stage = \_\_\_\_\_ world

Back Stage = \_\_\_\_\_ world

**4 Pillars of a Healthy Soul**

**1. Take personal \_\_\_\_\_**

*"Now what I am commanding you today is not too difficult for you or beyond your reach. It is not up in heaven, so that you have to ask, 'Who will ascend into heaven to get it and proclaim it to us so we may obey it?' Nor is it beyond the sea, so that you have to ask, 'Who will cross the sea to get it and proclaim it to us so we may obey it?' No, the word is very near you; it is in your mouth and in your heart so you may obey it."* **Deuteronomy 30:11-14 (NIV)**

**Self-care is not selfish, it is good \_\_\_\_\_.**

*"This day I call heaven and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life, so that you and your children may live . . ."* **Deuteronomy 30:19 (NIV)**

**2. Identify the \_\_\_\_\_ that are poisoning your soul.**

*"Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God."* **2 Corinthians 7:1 (NIV)**

- Some of the very things that people will applaud in your life can \_\_\_\_\_ your soul.
- Be aware of environmental toxins as well as internal toxins. You have a \_\_\_\_\_ side.
- Emotional health means holding in tandem my \_\_\_\_\_ and my \_\_\_\_\_.

3. Create \_\_\_\_\_ in your life

- \_\_\_\_\_ and \_\_\_\_\_ are friends to your spiritual health.

*“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.” Mark 1:35 (NIV)*

- You must learn the principle of \_\_\_\_\_.

4. You must integrate authentic \_\_\_\_\_.

*“I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.” John 15:5 (NASB)*

- Jesus is the gift, service is the gift \_\_\_\_\_.