



Welcome - At the start of a new year ask if anyone has any particular goal, objective, desire or idea they'd love to see or accomplish this coming year? Explain that at the start of the year we are focusing on our Soul, it's time for a Detox! Begin by praying that God will speak to our souls...

Word

- Have a bit of fun by asking the group to say as many phrases they can think of containing the word 'soul'.
- What do many people think of when they think of the word 'soul'?
- What do you think of these statements:

You are not a body that has a soul you are a soul that has a body.

When you die your body is gone but your soul lives forever....somewhere!

- If these are true why is soul care so important?

One of the enemies of our soul is HURRY SICKNESS

- What's your experience with this issue?
- How do you see this working out in your life and in the lives of others?

Consider this quote from John Ortberg,

"We must ruthlessly eliminate hurry from our lives. This doesn't mean that we will never be busy. Jesus often had a lot to do, but He never did it in a way that severed the life-giving connection between Him and His Father. He never did it in a way that interfered with His ability to give love when love was called for. He never did it in a way that caused Him to treat someone as an interruption. Jesus was often busy, but never hurried."

- How important is this and at the same time how difficult is it to actually do?

On Sunday we were given 3 practical take-aways. Spend time considering how to apply these this year.

1. **Pull Over** - don't just slow down or change gears, pull over!

Read these verses...

"I stand silently to listen for the one I love, waiting as long as it takes for the Lord to rescue me. For God alone has become my Savior. He alone is my safe place; his wrap-around presence always protects me. For he is my champion defender; there's no risk of failure with God. So why would I let worry paralyze me, even when troubles multiply around me?" - Psalms 62:1-2 TPT

- What have you learned or are learning about stopping to spend time with God?

2. **Pop the Bonnet** - look at what's driving our hurry sickness!

Read these verses... *"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life." Psalms 139:23-24 NLT*

- Why is this so key to soul care?

3. **Change Lanes**

- What practical things can we do to slow down, to be restored and to find rest?

Prayer- Finish by reading out these verses, then have a time of silence - no music, no words, just rest.

Then ask if anyone would like prayer and pray for each other.

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly..." - Matthew 11: 29-30 (MSG)