



Soul Care

Some of the most soul-filling practices you can do for yourself aren't spiritual practices. God created us as intricate, holistic human beings made in His image, each part impacts the whole.

Debra Fileta



FEELINGS ARE NOT
BAD OR GOOD:
THEY'RE SIMPLY SIGNALS.



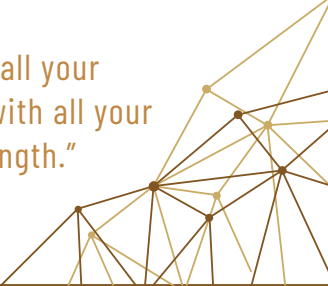
IT'S HOW YOU RESPOND TO
FEELINGS THAT LEADS YOU DOWN A
HEALTHY OR UNHEALTHY PATH.



Heart. Soul. Mind. Strength.
Feelings, Emotions, Mind, and Body.
IT'S ALL CONNECTED.

"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

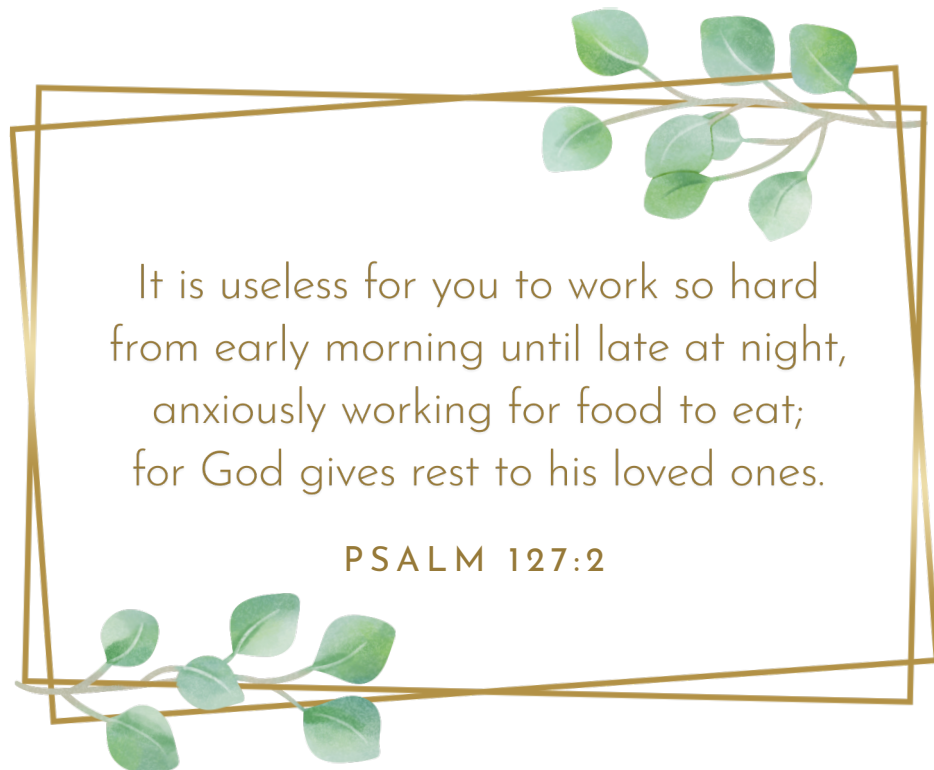


PSALM 127:2

sleep is my
ACT OF FAITH



PSALM 62:1 TRULY MY SOUL FINDS
REST IN GOD;
MY SALVATION
COMES FROM HIM.



CARING FOR YOUR SOUL
IS A SELFLESS ACT

The health of your soul
directly impacts everyone God
has placed in your life.

FRIENDS AREN'T
JUST FOUND, THEY ARE

FORMED

GOD'S WILL
IS FOR YOU TO

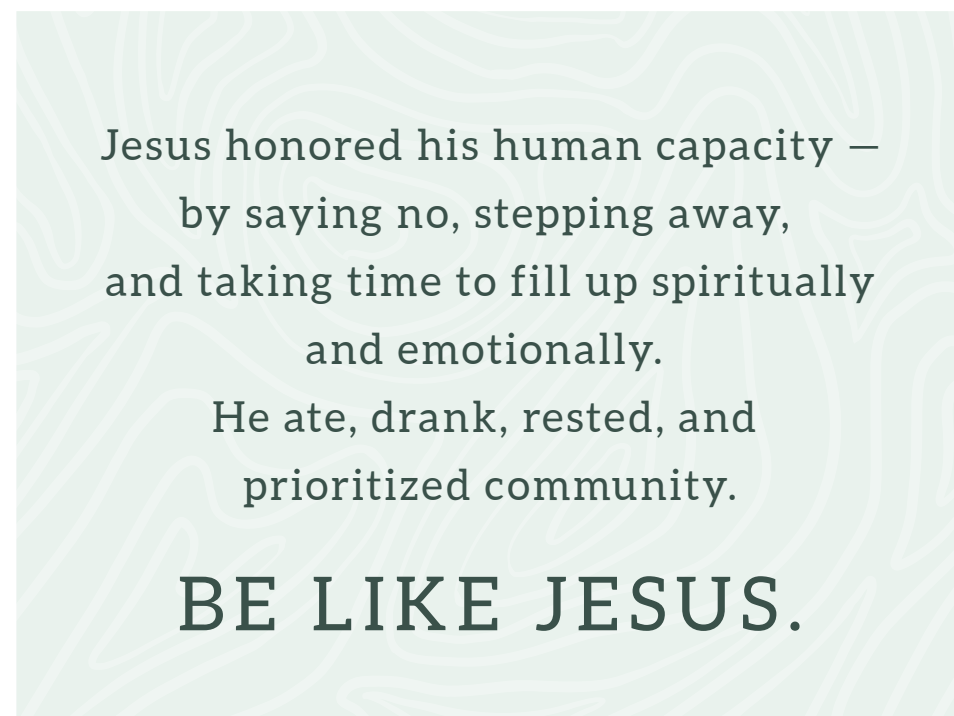
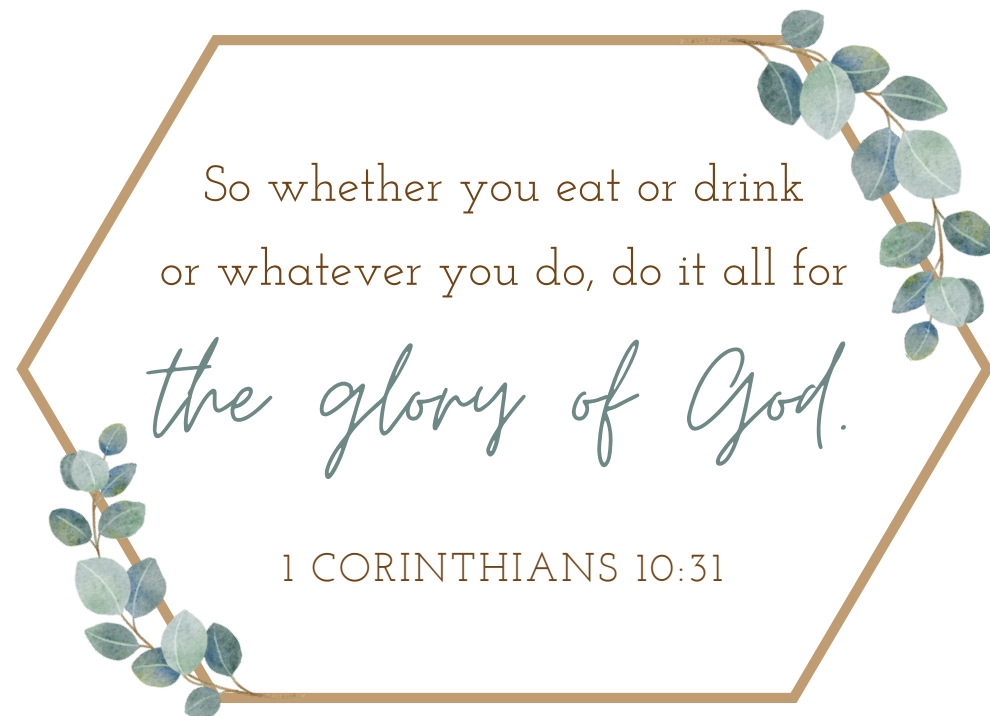
be filled



So I recommend having fun, because there is
nothing better for people in this world than to eat,
drink, and enjoy life. That way they will
experience some happiness along with all the hard
work God gives them under the sun.

ECCLESIASTES 8:15







ENJOYING LIFE
becomes a catalyst
for doing the work God
has called you to do.



THE BRAVEST JOURNEY
YOU WILL EVER TAKE IS THE
JOURNEY TOWARD LOOKING
INSIDE YOUR SOUL.



LATER THAT SAME DAY
JESUS LEFT THE HOUSE AND
SAT BESIDE THE LAKE.

MATTHEW 13:1



Jesus Rested

BE LIKE
JESUS