

THE BITTER SOUL

With My Soul?

SERIES BIG IDEA:

In Jesus, my _____ is okay even when my _____ are not okay.

Our soul is like a stream of water, which gives strength, direction, and harmony to every other area of our life.

(Ortberg, John. Soul Keeping, p. 12)

My soul is the most _____ thing about me. It is my life.

My soul is what _____ my will, my mind, and my body to make it my life.

- True life is not what happens to me on the _____.
- True life is what is happening within my _____.

²⁴Then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. ²⁵For whoever wants to save their life will lose it, but whoever loses their life for me will find it. ²⁶What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?"

Matthew 16:24-26 (NIV)

- My soul was created to _____ God, the Giver of my life.
- The more my life is about _____, the more I _____ my soul and my soul becomes empty and disconnected.

My soul is revealed when life doesn't go the way I _____.

When _____ are not met, an unhealthy soul will take a path toward bitterness.

_____ ⇒ Irritation ⇒ Aggravation ⇒ Anger ⇒ Bitterness

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds

James 1:2 (NIV)

¹³Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. ¹⁴But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. ¹⁵Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. ¹⁶For where you have envy and selfish ambition, there you find disorder and every evil practice.

¹⁷But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.

¹⁸Peacemakers who sow in peace reap a harvest of righteousness.

^{4:1}What causes fights and quarrels among you? Don't they come from your desires that battle within you? ²You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God.

James 3:13-4:2 (NIV)

When I don't get what I want, I can either move toward _____ or move toward _____.

TEACHING BIG IDEA:

I tend to my soul by _____ others from the _____ I've received in Jesus.

²⁸"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light."

Matthew 11:28-30 (NIV)

In Jesus, it is well with my soul when circumstances are out of my _____.

Further reading for this week

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6: