

THE DISTRACTED SOUL With My Soul?

SERIES BIG IDEA:

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

- **True life is not what happens to me on the _____.**
- **True life happens when we allow Jesus to _____ every aspect of our soul.**

My mind and thoughts are only a _____ of my soul.

My worry is intimately connected to my _____ and _____.

³"Listen! A farmer went out to sow his seed. ⁴As he was scattering the seed, some fell along the path, and the birds came and ate it up. ⁵Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. ⁶But when the sun came up, the plants were scorched, and they withered because they had no root. ⁷Other seed fell among thorns, which grew up and choked the plants, so that they did not bear grain. ⁸Still other seed fell on good soil. It came up, grew and produced a crop, some multiplying thirty, some sixty, some a hundred times."

Mark 3:4-8 (NIV)

Our soul can be _____ by exterior forces.

¹⁵Some people are like seed along the path, where the word is sown. As soon as they hear it, Satan comes and takes away the word that was sown in them. ¹⁶Others, like seed sown on rocky places, hear the word and at once receive it with joy. ¹⁷But since they have no root, they last only a short time. When trouble or persecution comes because of the word, they quickly fall away. ¹⁸Still others, like seed sown among thorns, hear the word; ¹⁹but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful. ²⁰Others, like seed sown on good soil, hear the word, accept it, and produce a crop—some thirty, some sixty, some a hundred times what was sown."

Mark 4:15-20 (NIV)

When worry and anxiety _____ our minds and thoughts, an unhealthy soul becomes _____.

⁴"Rejoice in the Lord always. I will say it again: Rejoice! ⁵Let your gentleness be evident to all. The Lord is near. ⁶Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷And the peace of God, which transcends all understanding, will guard your hearts and your minds in

Christ Jesus. ⁸Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Philippians 4:4-8 (NIV)

When I have a distracted soul, I am in _____ to Jesus' peace.

TEACHING BIG IDEA:

I challenge my _____ by being thankful and _____ on Jesus' truth that renews my mind.

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

Romans 12:2a (NIV)

My mind is _____ when I change my thoughts about my _____.

- **Be _____ for what I have, instead of _____ on what I don't have.**
- _____ worry about things that are _____.
- _____ my thoughts through **Philippians 4:8**

Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you."

Philippians 4:9 (NIV)

In Jesus, I have _____ in my soul even when _____ are all around me.

Further reading for this week

Day 1: John 14:27

Day 2: Psalm 14:19

Day 3: Psalm 34:4

Day 4: Psalm 119:15

Day 5: 2 Corinthians 4:16

Day 6: 1 Peter 5:7