

Soul Care at Christmas Time

What good will it be for a man if he gains the whole world, yet forfeits his soul? Or what can a man give in exchange for his soul? Matthew 16:26 (New International Version)

Soul = the part of every human being that relates to God and lives forever in eternity

Let's answer **three questions about how to care of your soul** during the busy Christmas season and any busy season in your life.

- **Question #1: HOW DOES A BELIEVER CULTIVATE HER INNER LIFE WITH GOD?**

But you, dear friends, build yourselves up in your most holy faith . . . ²¹Keep yourselves in God's love . . . Jude 20a, 21b (NIV)

Now all glory to God, who is able to keep you from falling away . . . Jude 24a (New Living Translation)

God's sovereign power is at work in you, but every believer is responsible for putting his or her own effort into soul care.

Since you have accepted Christ Jesus as Lord, live in union with him. ⁷Keep your roots deep in him, build your lives on him, and become stronger in your faith, as you were taught. . . . Colossians 2:6-7 (Good News Bible)

Soul care is mostly about small things that keep you connected to God.

- Going to church
- Reading your Bible regularly
- Listening to the promptings of the Holy Spirit
- Christian practices like . . .

These connecting activities grow your soul.

The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him. Matthew 12:35 (NIV)

- **Question #2: WHAT MAKES THE CHRISTMAS SEASON (AND ANY SEASON OF BUSYNESS) SO HARD TO CULTIVATE OUR INNER LIFE WITH GOD?**

Answer: Speed: If your life-speed gets fast enough, your soul care diminishes.

Carefully determine what pleases the Lord. Ephesians 5:10 (NLT)

Or what can a man give in exchange for his soul? Matthew 16:26b (NIV)

- **Question #3: WHAT'S THE CURE?**

- Be aware of the speed dynamic.

Every prudent man acts out of knowledge . . . Proverbs 13:16 (NIV)

- Concentrate on soul care.

. . .train yourself to be godly. ⁸For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. 1 Timothy 4:7-8 (NIV)

(See Jude 20, 21; Colossians 2:6-7)

Hold on to the fundamentals that keep your soul healthy and growing.

- **APPLICATION:** What is one thing I can do differently to care for my soul during this (or any) busy season?

What will I do this week? _____