



**It's Well with
My Soul**
Message 2

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April 23, 2023

2. We _____ to our souls.
(Psalm 43:5)

► **Outline**

Praise the LORD, my soul; all my inmost being, praise His holy name.

Psalm 103:1 (NIV)

A. Introduction

(1 Kings 17:1-4; 18:37-39; 19:2-4; James 5:17-18)

Soul = Our _____ or _____.

3. We let God _____ our pain.
(Deuteronomy 31:8; Psalm 42)

B. Loving God with our souls means...

1. We have _____ and _____
with our emotions.
(Matthew 19:13-15; 28:18; Mark 14:1-9; Luke 8:43-48)

4. We worship.
(Psalm 103:1-5)

Answers: A. affections, emotions B. 1. authority, vulnerability 2. preach 3. heal 4. worship
Resource Information: Scripture quotations marked (NLT) are taken from the *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, a Division of Tyndale House Ministries, Carol Stream, Illinois 60188. All rights reserved. C/R refers to a 'cross reference.' Today's outline and discussion guide are available through the Brookwood Church app.

► Discussion Guide

Use this guide by yourself or with friends to pursue a deeper relationship with Jesus. To connect with others, visit brookwoodchurch.org/adults.

Conversation Starter

Who inspires you?

Prayer

Spend a few minutes slowing down. Allow enough time for your mind to stop racing and your heart to experience a sense of calm. As you begin this week's lesson, ask God to reveal Himself to you in new and beautiful ways. Say yes in your spirit to all He has for you.

Bible Study and Group Discussion

Elijah was an Old Testament prophet who had unique and very personal encounters with God. These passages highlight some of his emotional ups and downs as he interacted with God.

Read 1 Kings 17:1-16.

1. The Lord provided food and water for Elijah during a famine and drought. Describe a time you experienced God's personal care during a season of great need.
2. *The name Kerith Brook (or ravine, vs. 3) means to cut off.* Why do you think God told Elijah to hide, separating him from the rest of the people?
3. How often do you spend time alone with God? How is this time nurturing for your soul?

Read 1 Kings 17:17-24.

4. When the woman's son died, she lashed out at Elijah. What do you think caused Elijah to pray with such honesty and courage?
5. Think of a time you were experiencing one of life's tornadoes. What were your emotions toward God? How did you express them?
6. How can bringing questions, fears and doubts to God be just as much an expression of worship as offering praise and thanksgiving?

Read Psalm 103.

7. What emotions are expressed in this Psalm? What emotions stir in you as you read this Psalm?
8. What thoughts or ideas in this Psalm do you need to hear right now?
9. What would it look like if you allowed God to care for you? How is that different than self-sufficiency?
10. If the soul is the central place of our emotions and affections, how would you describe the current state of your soul?

Spiritual Practice

A spiritual practice is something we can do to help us live in and enjoy God's grace. Our hope is that these would become a regular part of your life, so that walking and talking with God is the most natural thing you do.

One way to experience God at a deeper level is to spend time reading slowly through a passage of Scripture. Block out some time this week to read and pray through Psalm 103. See if you can move from understanding concepts to feeling emotions toward God in your heart. Notice what stirs in you as you read. Pay close attention to what you're feeling. May this time with God provide much-needed care for your soul.

Memory Verse

Praise the LORD my soul; all my inmost being, praise His holy name.

Psalm 103:1 (NIV)

Daily Reading

Day 1: John 4:23-24

Day 4: 3 John 1-2

Day 2: Psalm 43:1-5

Day 5: 1 Thessalonians 5:23-24

Day 3: 1 Thessalonians 3:3-5

Prepare for Next Sunday

Next Sunday, April 30, we'll continue the series *Love God · Love People*. To prepare, read **1 Peter 4:7-11 (NIV)**.



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