

SOUL ALIVE IN 2025

A reflection Guide

Dear Soul Friend,

**It's time to reflect on your life!
Your soul is asking for it.**



We'll break it into 4 parts.

Set aside at least an hour if possible for each soul exercise.

- 🌲 **Soothe your soul (you need it!)**
- 🌲 **Stretch your soul (keep growing!)**
- 🌲 **Strengthen your soul (take advantage of resistance!)**
- 🌲 **Send your soul (Godward & outward!)**

SOOTHE Your Soul with Grace and Truth

The human spirit is the lamp of the LORD that sheds light on one's inmost being.

Proverbs 20:27 (NIV)



Plan a comfortable place and head space for some deep searching of your inner being with the Lord. Free yourself from distractions, get a soothing drink, comfy clothes, inviting lighting, etc. God so delights in you and your attention to Him. He is gentle and eager to talk over the things in your heart. Stop yourself, slow yourself. Take at least 5 minutes to close your eyes, take some deep slow breaths, and rehearse His words of delight over you. Psalm 18:19

Before you go searching NOTICE the state of your heart. Where is there disorder or neglect in your life? Could that mirror your soul? Write some thoughts.



What needs to be written down to deal with later? What needs to be prioritized to deal with now? Take time to write these out.

Invite Him to come with you to your inmost being. Psalm 51:6 Take your time!

Where might you be feeling insignificant? Sidelined? Scattered? Spent? Sorrowful? Surprised? Or Satisfied? (You may want to scan through your calendar, journal, photos, events, etc. to find where your heart was throughout last year or to see patterns.)

Notice with Him. Ask Him what may still be transmitting into your soul from past trauma, experience, or relationships.

What might the enemy of your soul want you to believe? Ask God to help you think this through. What does your kind, loving, forgiving Lord say about these thoughts?

🌲 Take time to receive from Jesus His service to you. Let him wash your feet! We're often like Peter and think, 'You must never see the dirtiest lowest parts of me'...Imagine yourself as Peter. Hear Jesus' rebuke in John 13:15

🌲 What else is coming up as you let Him wash your feet?

🌲 What small wins can you celebrate? And How will you celebrate to honor Him?
"Be wise, direct your heart..." Proverbs 23:19

STRETCH Your Soul with Grace and Truth

With the Lord's kind, accepting gaze, identify where you might be on this scale.



In what ways are you happy with where you are? Sometimes we're where we need to be!

If you don't like where you are, work toward acknowledging/accepting that. Thank God! He's brought you this far. Ask Him to stretch with you toward a next step. Take time to pray and think with Him what that could be. Ask for input from a trusted friend or mentor.

Ask who/what it is that you are serving? Is it burdensome or is it setting you free?

Ask God to help you see what the real desires and intentions of your heart are. (Whose expectations am I bowing to? Or Whose praise means most?)

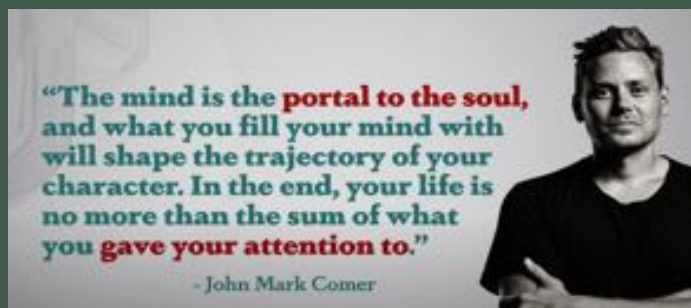
For the word of God is living and active...penetrating as far as the division of soul and spirit...able to judge the thoughts and intentions of the heart. Hebrews 4:12 NASB



As you stretch toward change and growth, notice honestly what arises in you. Write this out.

What else is coming up? (Is there dread, uneasiness, restlessness or anxiety?)

Talk with God or a friend about these things.



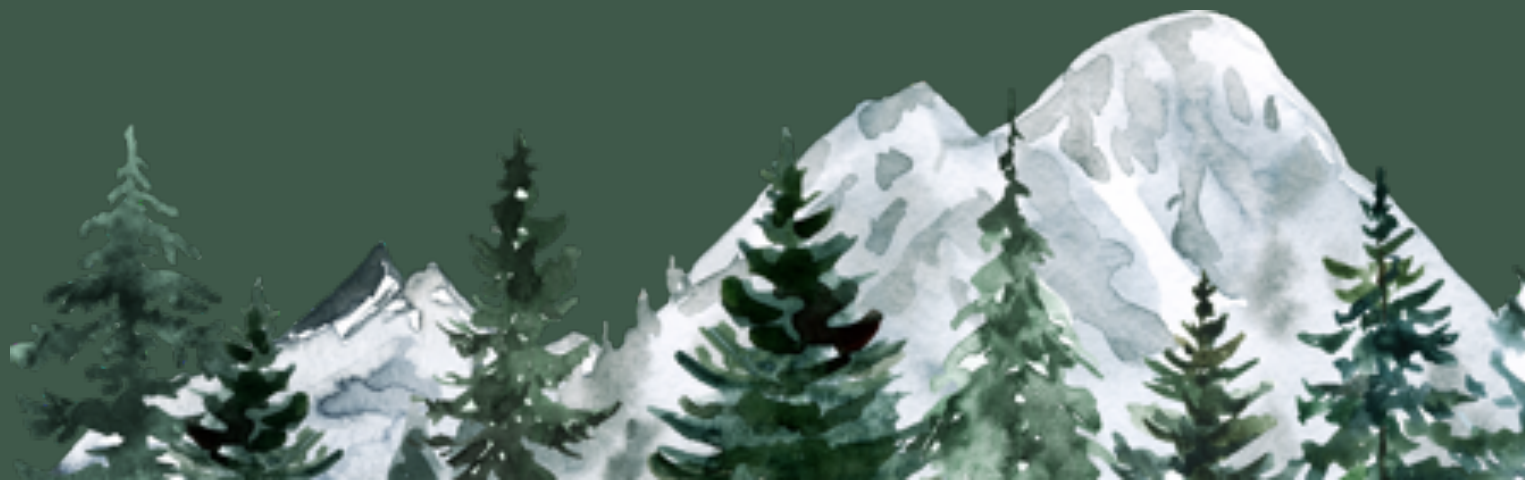
What's floating around in your head that's against the knowledge of the truth?
(Like, "I'm missing out." "I should be more, do more" "I'm alone." "No one cares." Etc.)

Ask the Lord to show you any thoughts like these that could be draining you.

Be transformed by the renewing of your mind...

Romans 12:2 NASB

What for you could be a stretch (a goal) toward transformation by His power?



STRENGTHEN your soul with Grace and Truth

Our spirit may be willing, but when our flesh is weak,
we need strengthening by His power in our inner being.

*...that according to the riches of His
glory He may grant you to be
strengthened with power through His
Spirit in your inner being...
Ephesians 3:16 ESV*

How are you overcoming “muscles”?
(Romans 8:37) We need practice and training
so our soul gets used to new habits. (Romans
6:12,13)



Photo by Cheri Magarrell

What one thing in your life do you desire to overcome (or be strengthened in)? How are you
(or could you be) cooperating with God in that? (ex. when I realized I needed to get up earlier to
exercise/be with God, I moved my alarm clock so I had to get up to turn it off instead of going back to
sleep. Baby steps!)

Peter (whose spirit was willing but his flesh was weak in his early faith) instructs us: Prepare,
purify, proclaim... Prayerfully read 1 Peter 1:13- 2:12 and find those words.



Notice what thoughts this brings up and talk with God or a friend.

Preparing our minds for action can take many forms. Often the action is against temptation or a lure to believe the enemy or a resolve to praise in trial. How will you prepare your mind?

(What creative idea can you implement to begin to change habits of heart and mind?)

One good help for this is “**BRACE**” for battle.

🌲 **Breathe** (Pause, prepare your body)

🌲 **Remember** (truth, reality, God’s power)

🌲 **Ask** (invite God into your process. He loves you right here.)

🌲 **Communicate** (call someone to help, let a friend know your struggle)

🌲 **Escape** (God prepares a way of escape when we’re falling toward a default. Like Joseph ran from temptation in Genesis 39:12. This takes determination, and planning ahead of time.)

What does your response to trial tell you and others about God?

How can you show God (and the enemy) that in your trials you still trust Him?

Review: What soul soothing, soul stretching, & soul strengthening will you pursue this year?

SEND your soul with Grace and Truth

Incline your soul Godward often.
(Isaiah 55:3; 1 Chronicles 22:19; Deuteronomy 4:9)

He longs to walk with us through our days.



You are sojourners with Me... Leviticus 25:23

What are some habits you have (or want to establish) of sending your soul to God?

At times we see patterns and wonder what God might be saying. Notice His words about slowness to gain insight. Read carefully Mark 6:48-52. Could our hearts be dull to His voice?

Send your soul outward toward others. What and how would He love to flow through you to others?

Where, to whom, or to what is He sending you?

As Jesus was sent, He sends you and goes with you! John 20:21

