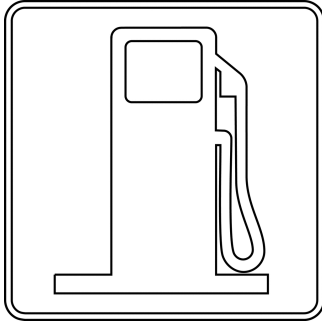


Soul Care

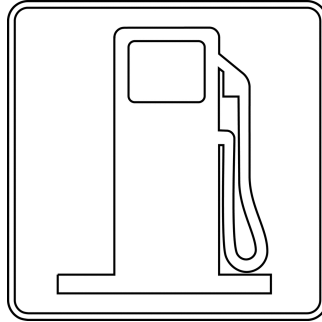
P



- Feeling healthy
- Exercising regularly
- Sleeping well
- Eating well
- Feeling a lot of physical energy
- Taking care of yourself

Give yourself a score 1-10 how full this tank is.

S

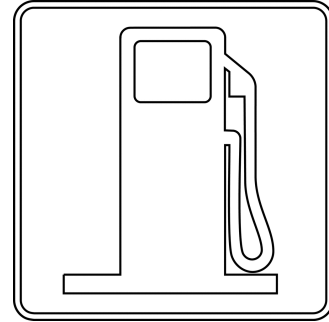


- Feeling the father's favour
- Know his voice
- Know his love
- Sensing his presence in your life
- Waling in step with him
- Aligned with God

Give yourself a score 1-10 how full this tank is.

*Note here that none of these qualities have to do with "doing your daily devotions" rather, they are to do with the fruit of your relationship.

E



- Have a lot of emotional energy
- A reserve of emotional energy
- Irritable
- Angry
- Grumpy
- Annoyed
- Ticked off
- Depressed
- Sad
- Weary
- Worn out
- Full of energy
- Full of passion
- Full of life

Give yourself a score 1-10 how full this tank is.

Total up your score in all three tanks. If you score 22 or above, you are doing good. You're taking care of your soul. If you score 16-21, you're significantly worn out. If you're 15 or below, you're dangerously tired.

Ask: What are you going to do about your score? Jesus says "Come to me, all you who are weary and worn out."

Read: Matthew 11:28-30