

INTEGRITY CHURCH BIBLE STUDY

GET YOUR LIFE BACK Session 4: Caring for Neglected Places in Your Soul

Core Scripture:

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Psalm 34:18

SUMMARY

- God invites us to enter into the neglected places so that we can experience restoration in those areas of our lives.
- We often fail in our search to get our lives back and experience more of God because we are looking with so little of ourselves. The more setbacks and disappointments we experience, the more we leave parts of our souls behind.
- In John 21, Jesus has an encounter with Peter in which he goes after the unaddressed issues of Peter's soul. He had denied Jesus three times and was weighed down with grief, shame, and self-hatred. Through his three questions, Jesus pushes into those neglected areas so Peter can be restored. Jesus does the same for us.
- This mad world is never going to encourage you to take care of the neglected places in your soul. It never offers adequate time to grieve or heal from your losses.
- We can use the One Minute Pause to invite God into relational disappointment, lost dreams, or career frustrations. He will reveal the places we've neglected in our soul.
- In Revelation 3:20, Jesus says he stands at the door and knocks. If anyone hears his voice and opens the door, he will come in. The door opens from the inside because we have a role to play in our healing. Jesus waits for us to give him permission to restore our losses, disappointments, and unattended griefs.
- A powerful soul care practice is to create two lists – things that bring healing to your soul and things that are harmful to it. Title one "Helpful" and the other "Unhelpful" and list under each things that bring life or steal life from you soul.

Discussion Questions

- 1) What stood out to you in the video session about ways to care for the neglected places in your soul?
- 2) Describe a situation where you ignored a pressing need – a car repair, a difficult work conversation, a potential health issue – hoping the issue would somehow magically fix itself or go away. What was the result of this choice?
- 3) Have you also neglected places in your soul that need attention? If so, can you name a specific area where you'd like to pursue soul restoration (perhaps an area God revealed to you during this sessions' One Minute Pause)?
- 4) What stood out to you in the story of Jesus going after the broken places in Peter three times (John 21)? Why was this part significant to you?
- 5) Name five things that are life-giving and helpful to your soul. Now name five things that fall in the unhelpful category because they are depleting.
- 6) Now, which of these two categories do you spend the most time in an average week – and is a change needed?