

# SOUL HEALTH PLAN

Name: \_\_\_\_\_ Year: \_\_\_\_\_

## PLAN GOAL

*Take time to sit quietly in prayer with the Holy Spirit and make a statement regarding the big broad goal of this Soul Health Plan. Be specific and clear. No wrong answers.*

### Spiritual Disciplines [SD]:

These SD's may involve all or just one of the following time sensitive modes. SD's should come from the Soul Training exercises in ***The Good and Beautiful God/Life*** book, or from the following SD list. Please explain them in specific detail.

- Daily:
- Weekly:
- Monthly:
- Annually:

### Rule(s) of Life [RoL]:

RoL's may involve all or just one of the following time sensitive modes. RoL's are personal, and should be described in a narrative manner.

- Daily:
- Weekly:
- Monthly:
- Annually:

# PLAN GOAL

## Inward Disciplines:

**Meditation** – intentional focus of our attention on a particular attribute of God, or passage of scripture, in order to crowd out the world and be alone with God.

- **Psalm 19:14** (May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer)
- **Joshua 1:8** (Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do)
- **Psalm 48:9** (O God, we meditate on your unfailing love as we worship in your Temple)
- **Psalm 104:34** (May all my thoughts be pleasing to him, for I rejoice in the Lord)
- **Psalm 18:1-2** (I love you, Lord; you are my strength. The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety)
- **Psalm 145:5** (I will meditate on your majestic, glorious splendor and your wonderful miracles)
- **Psalm 63:6-8** (I lie awake thinking of you, meditating on you through the night. Because you are my helper, I sing for joy in the shadow of your wings. I cling to you; your strong right hand holds me securely)

**Prayer** – is God's chosen method of access into His presence, where we encounter Him relationally and are comforted, directed, and strengthened.

- **Matthew 6:6-13** (But when you pray, go away by yourself)
- **1<sup>st</sup> Chronicles 5:20** (They cried out to God during the battle, and he answered their prayer because they trusted in him)
- **2<sup>nd</sup> Chronicles 6:40** (O my God, may your eyes be open and your ears attentive to all the prayers made to you in this place)
- **Nehemiah 1:11** (O Lord, please hear my prayer! Listen to the prayers of those of us who delight in honoring you)
- **Psalm 66:16-20** (For I cried out to him for help, praising him as I spoke)
- **Psalm 69:13** (But I keep praying to you, Lord)
- **Psalm 116** (he hears my voice...so I walk in the Lord's presence)
- **Psalm 11:1-13** (And so I tell you, keep on asking)
- **Matthew 18:20** (For where two or three gather as my followers, I am there among them)
- **James 5:16** (pray for each other)

**Fasting**- is intentionally denying and or controlling physical needs or desires to increase spiritual strength and sensitivity.

- **2<sup>nd</sup> Chronicles 20:3-4** (Jehoshaphat was terrified...he ordered everyone in Judah to begin fasting)
- **Psalm 58** (You are fasting to please yourselves this is the kind of fasting I want...feed the hungry and help those in trouble)
- **Daniel 9** (So I turned to the Lord God and pleaded with him in prayer and fasting)
- **Joel 1:14** (Announce a time of fasting; call the people together for a solemn meeting. Bring the leaders and all the people of the land into the Temple of the Lord your God, and cry out to him there)
- **Matthew 6:16-18** (And your Father, who sees everything, will reward you)
- **Acts 13:2-3** (One day as these men were worshiping the Lord and fasting, the Holy Spirit said)
- **Acts 14:23** (Paul and Barnabas also appointed elders in every church. With prayer and fasting, they turned the elders over to the care of the Lord, in whom they had put their trust)

**Study**- is a means of knowing God by studiously learning His truths and identifying His priorities through the in depth study of scripture. This means dedicating an extended period of time (several hours) to the study of scripture with the assistance of commentaries, concordances, and lexical aids.

- **2<sup>nd</sup> Timothy 3:16-17** (All scripture inspired by God and is useful to teach us what is true)
- **Psalms 119:9-18** (I will delight in your decrees and not forget your word)
- **Deuteronomy 11:18-20** (So commit yourselves wholeheartedly to these words of mine)
- **Psalms 1:2-3** (But they delight in the law of the Lord, meditating on it day and night)
- **Joshua 1:8-9** (*Study this book of instruction continually. Meditate on it day and night*)
- **Ezra 7:8-10** (Ezra was determined to study and obey the law of the Lord)
- **Matthew 4:4** (by every word that comes from the mouth of God)

**Secret Service** - Where one serves another in anonymity.

- **1<sup>st</sup> Corinthians 16:15-16** (they are spending their lives in service to God's people)
- **Luke 6:27-31** (Do to others as you would like them to do to you)
- **Ruth 2:8-16** (pull out some heads of barley from the bundles and drop them on purpose for her)
- **Luke 10: 30- 35** (Care for this man. If his bill runs higher than this, I'll pay you the next time)
- **1<sup>st</sup> Timothy 5:25** (good deeds done in secret will someday come to light)

## Outward Disciplines:

**Simplicity** - is intentionally developing habits of living designed to produce freedom from worldly values regarding material things. It is practicing contentment with what we have by simplifying our life.

- **1<sup>st</sup> Timothy 6:6** (Yet true godliness with contentment is itself great wealth)
- **Philippians 4:11-12** (I have learned how to be content)
- **Hebrews 13:5-6** (be content)
- **Exodus 20:17** (You must not covet)

**Silence & Solitude** - Solitude is the intentional act of withdrawing from the presence of others, to be in the presence of God in an undistracted way. Adding silence to solitude conditions oneself to listen for God's voice in an expectant and positive manner. This combination discipline is intended to discern direction from the Holy Spirit specifically or in general.

- **Psalms 46:10** (be still and know I am the Lord)
- **Psalms 38:15** ("I wait for you God")
- **Matthew 6:6** (when you pray go away by yourself)
- **Matthew 14:13** (to be alone)
- **Matthew 26:36-38** (He went on a little farther and bowed with his face to the ground)
- **Psalms 91:1** (in the shelter of the Most High will find rest in the shadow of the almighty)

**Submission** - is the deliberate act of placing oneself under the authority of another, as an act of obedience and humility.

- **1<sup>st</sup> Samuel 15:22** (submission is better than offering)
- **Ephesians 5:21-24** (submit to one another out of reverence for Christ)
- **2<sup>nd</sup> Chronicles 30:6-9** (submit yourselves to the Lord)
- **Romans 13:1** (submit to authorities)
- **Hebrews 12:9** (submit to our heavenly father)
- **1<sup>st</sup> Peter 5:5-6** (dress yourselves in humility)

**Service** - This involves doing things one would not normally do in the service of others, rather than serving myself.

- **1<sup>st</sup> Peter 4:10** (serve one another)
- **Romans 12:7** (If your gift is serving others, serve them well)
- **Genesis 18:1-3** (He ran to meet them and welcomed them, bowing low to the ground)
- **1<sup>st</sup> Samuel 25 :23-41** (I your servant would be happy to marry David. I would even be willing to become a slave washing the feet of his servants)
- **Luke 7:44** (She washed Jesus feet with her tears and hair)
- **John 13:1-14** (Jesus wash his disciple's feet)

**Giving** - Is the intentional act of obedience that subordinates the treasures of this world, to the treasure of knowing Jesus. Furthermore, it is intentionally demonstrating to the world through regular giving of time, service, and money that one's priorities are on God and His Kingdom rather than on self and the kingdom of this world.

- **2<sup>nd</sup> Corinthians 9:7** (God loves a cheerful giver)
- **Luke 11:37-41** (give to the poor)
- **Luke 21:1-4.** (widow has given more)
- **James 2:14-17** (Faith...produces good deeds)
- **Matthew 25:31-40** (When you did it to one of the least of these my brothers and sisters you were doing it to me)

## Corporate Disciplines:

**Confession** - The ritual practice of leaving your burdens at the foot of the cross. It is deliberately telling a trusted friend or advisor your deepest fears or greatest failures in confidence.

- **1<sup>st</sup> John 1:9** (If we confess our sins to him, he is faithful and just to forgive)
- **James 5:16** (Confess your sins to each other)
- **Nehemiah 9:1-2** (people confessed their sins)
- **Psalms 32:5** (I will confess my rebellion)
- **Galatians 6:1-3** (share each others burdens)

**Worship** - begins with proper knowledge of God, and a dependent relational experience with Him. It is proclaiming through our spirit, an agreement with the Holy Spirit that the loving greatness of God holds us spellbound in awe and wonder of God's greatness.

- **Exodus 34:14** (you must not worship other gods)
- **Psalms 139** (O Lord you have examined my heart and know everything about me)
- **1<sup>st</sup> Timothy 2:8** (Holy Hands lifted up to God)
- **2<sup>nd</sup> Chronicles 20:18** (face to the ground...all the people did the same worshipping the Lord)
- **John 9:31** (God hear those who worship him)
- **Psalms 95** (sing to the Lord)
- **John 4:21-26** (Worship in spirit and in truth)

**Guidance** - takes places on different levels and thorough different agencies. Agencies such as, scripture, reason, circumstances, friends, pastors, coaches, and mentors – all of which are filtered through spiritual discernment as promptings of the Spirit.

- **Proverbs 11:14** (without wise leadership a nation falls)
- **1<sup>st</sup> Samuel 8:6** (went to the Lord for guidance)

- **James 1:5** (If you need wisdom ask God.)
- **Psalm 119:105** (Your word is a lamp to my feet)
- **Proverbs 16:3** (Commit to the Lord whatever you do and your plans will succeed.)
- **John 16:13** (When the Spirit of truth comes he will guide you)
- **John 14:23-24** (If anyone loves me he will obey my teachings)
- **Psalm 32:8** (I will instruct you and teach you in the way you should go)
- **Proverb 27:17** (iron sharpens iron)
- **Titus 2:1-15** (promote right teaching)
- **1<sup>st</sup> Timothy 1:5** (believers would be filled with love)

**Celebration** - An intentional choice to find God everywhere and in everything with joy and gladness.

- **Psalm 150:1-6** (Praise God)
- **Psalm 68:3** (let the godly rejoice be glad in God's presence)
- **Joel 2:23** (rejoice for the rain he sends demonstrates his faithfulness)
- **James 1:2** (when trouble of any kind come your way consider it an opportunity for great joy)
- **Romans 12:12** (Rejoice in our confident hope)
- **Nehemiah 8:10** (Do not grieve for the joy of the Lord is your strength)
- **Psalm 150** (praise the Lord for his mighty works and unequal greatness)