

## Soul Keeping

### **Part 2: The Struggle of the Soul**

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Every person eventually has what St. John of the Cross once described as a “dark night of the soul.” When we are in a dark time in our lives, instead of being led by the emotions of our souls, we need to talk to our souls, and remind ourselves that our ultimate hope rests in God.

*“What good will it be for someone to gain the whole world,  
yet forfeit their soul?” – Matthew 16:26*

*(Continues on back.)*

#### **My Next Step(s):**

- If my soul is struggling, I will reach out to a pastor, counselor or friend and get help.
- If I see someone suffering, I will reach out to them and offer help.

**Memory Verse:** *“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.” – Psalm 42:5*

*- This message uses materials provided The Preaching Project, San Antonio, TX.*

Soulkeeping





NOTICE



ARKANSAS



LE  
TENNIS

PORTLAND

LAKE TAHOE  
USA  
Sierra Mountains

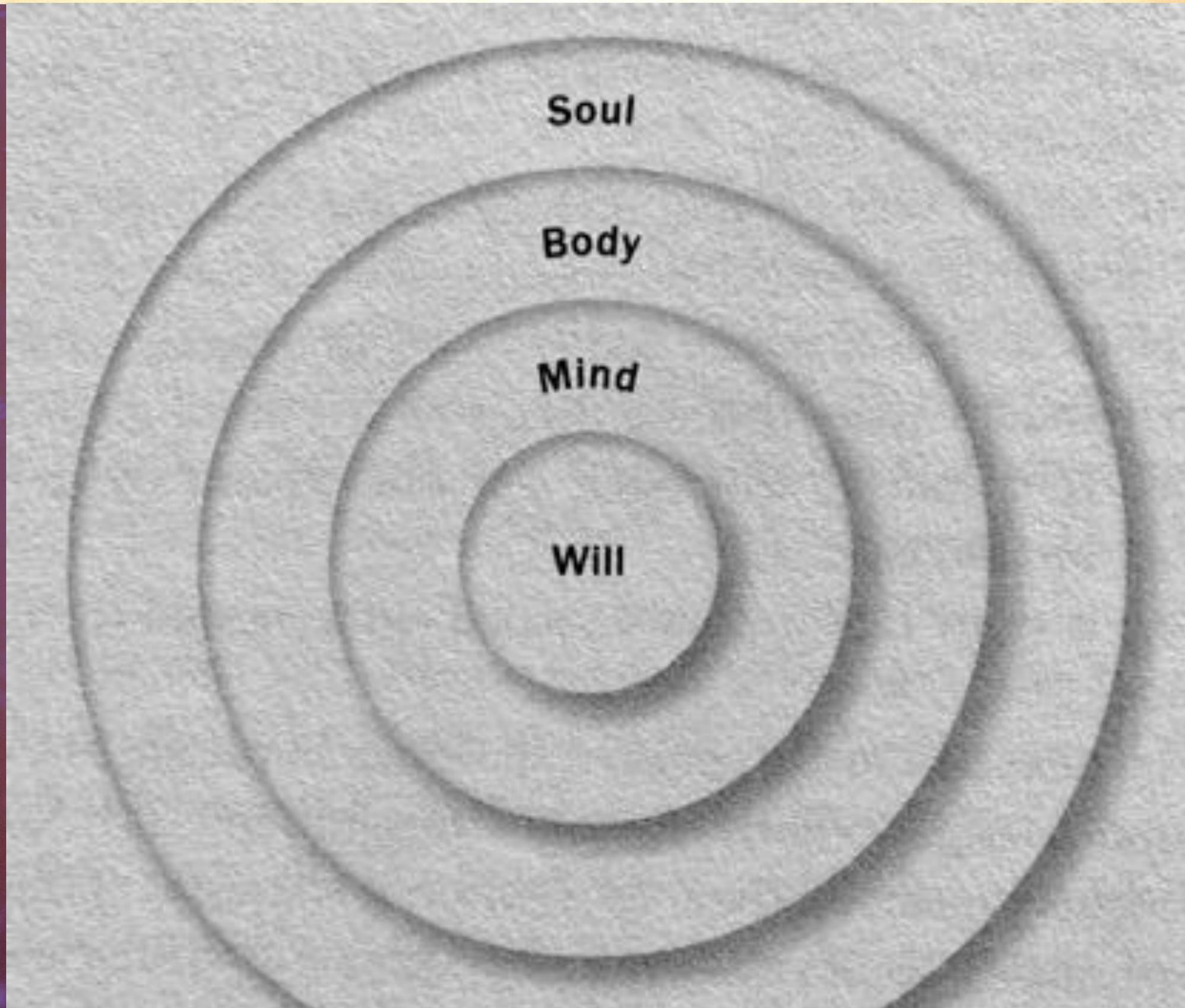
USA

**Soul**

**Body**

**Mind**

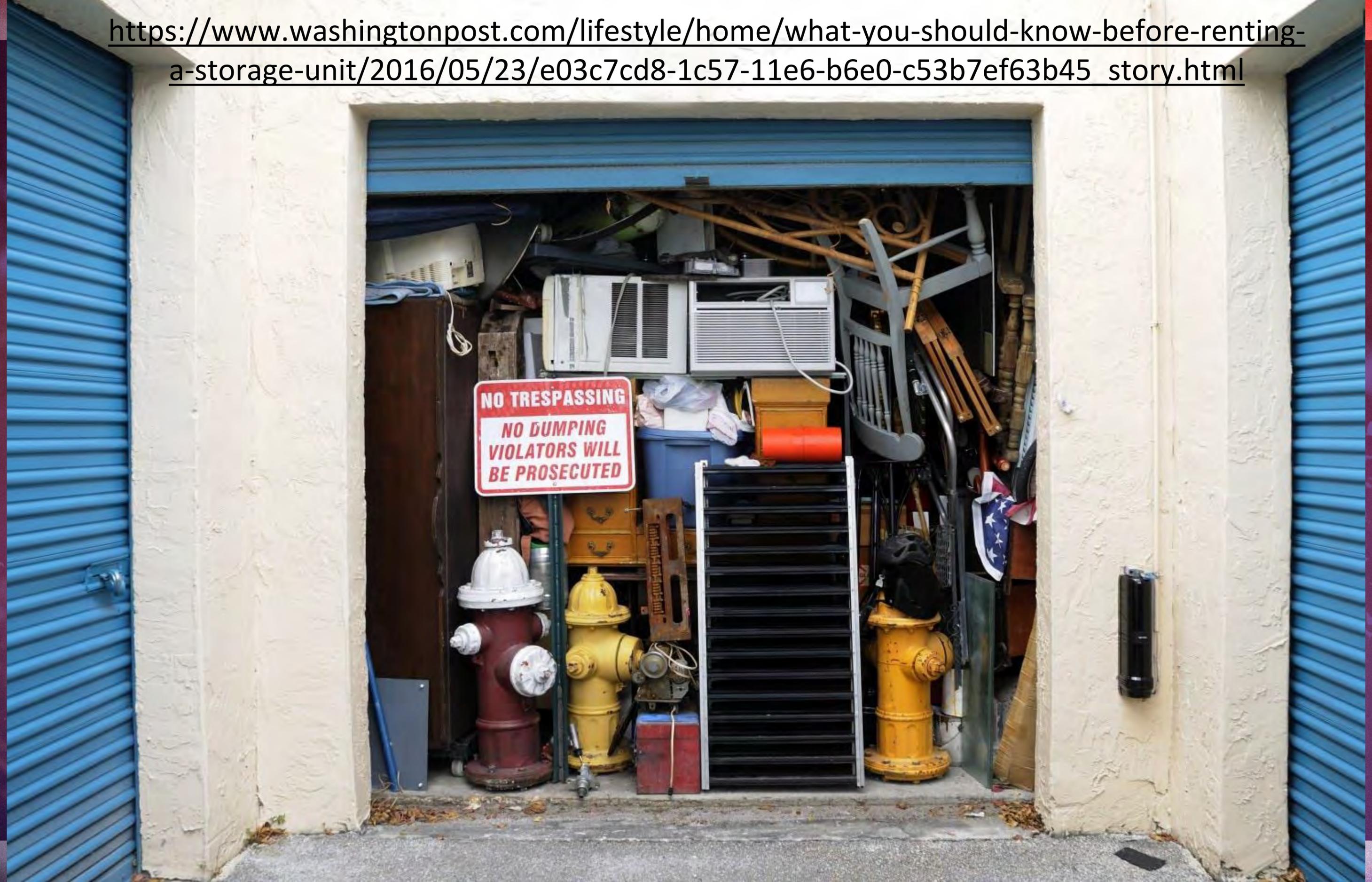
**Will**



**SOUL**keeping



[https://www.washingtonpost.com/lifestyle/home/what-you-should-know-before-renting-a-storage-unit/2016/05/23/e03c7cd8-1c57-11e6-b6e0-c53b7ef63b45\\_story.html](https://www.washingtonpost.com/lifestyle/home/what-you-should-know-before-renting-a-storage-unit/2016/05/23/e03c7cd8-1c57-11e6-b6e0-c53b7ef63b45_story.html)



“What good will it be for someone to gain the whole world, yet forfeit their soul?”

Matthew 16:26

# World Struggles ...

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Power Struggles  
Health Struggles  
Relationship Struggles  
Financial Struggles

I wait for the LORD, my **whole being** waits, and in His word I put my hope.

Psalm 130:5 (NIV)

**“living being” – nephesh – “soul”**

I wait for the LORD, my **whole being** waits, and in His word I put my hope.

Psalm 130:5 (NIV)

<sup>1</sup> As a deer longs for flowing streams, so I long for you, God. <sup>2</sup> I thirst for God, the living God. When can I come and appear before God? <sup>3</sup> My tears have been my food day and night, while all day long people say to me, “Where is your God?”

Psalm 42:1-3

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# Surviving Soul Struggles

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Get Honest

When word reached the king of Nineveh, he got up from his throne, took off his royal robe, put on sackcloth, and sat in ashes.

Jonah 3:6

“The tax collector, standing far off, would not even raise his eyes to heaven but kept striking his chest and saying, ‘God, have mercy on me, a sinner!’”

Luke 18:13

They lamented and wept loudly, and Joseph mourned seven days for his father.

Genesis 50:10

<sup>33</sup> When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. <sup>34</sup> “Where have you laid him?” he asked. “Come and see, Lord,” they replied. <sup>35</sup> Jesus wept.

John 11:33-35

Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me.

Psalm 23:4

# Surviving Soul Struggles

Get Honest  
Get Help

<sup>3</sup> All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. <sup>4</sup> He comforts us **in all our troubles** so that **we can comfort others**. When they are troubled, we will be able to give them the same comfort God has given us.

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2 Corinthians 1:3-4

Carry one another's burdens; in this way you will fulfill the law of Christ.

Galatians 6:2



17 “I lay down my life so that I may take it up again.  
18 No one takes it from Me, but I lay it down on My own.”

John 10:17-18

# Surviving Soul Struggles

Get Honest  
Get Help  
Get Perspective

<sup>1</sup> For everything there is a season, a time for every activity under heaven. <sup>2</sup> A time to be born and a time to die. A time to plant and a time to harvest. ... <sup>4</sup> A time to cry and a time to laugh. A time to grieve and a time to dance.

Ecclesiastes 3:1-2, 4

... weeping may stay for the night,  
but rejoicing comes in the morning.

Psalm 30:5b, NIV

