

Follow-up Questions for Soul Care Videos

Video 1: What is it?

- What is your personal response to this interaction on the soul?
- What are you sensing?
- What are you longing for?
- What questions do you have for the Lord?

Video 2: How is Your Soul?

Consider these questions [adapted from *Discovering Soul Care*, Mindy Caliguire] for reflection in an intentional time of silence:

- 1) What circumstances in your life are most challenging right now?
- 2) What difference would a deeper connection with God bring to these circumstances?
- 3) What do you most need to receive from God right now? (be honest)
- 4) What question keeps stirring around in your mind that you would like to ask God?
- 5) In Psalm 145:16-19 – How do you find yourself responding to God in this Psalm?

Video 3: Nourishing the Soul

“Find rest oh my soul in God alone, my hope comes from Him.” Psalm 62:3

What will you do with Jesus’ invitation to come in Matthew 11:28-30?

“Come to me, all you who are weary and burdened and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”