

**Lead Lab - Soul Care Nov. 2, 2010**  
**Gail N. Seidel**

*A key component of spiritual leadership is helping others tap into what nourishes their soul. Learning to be present to the One who is always present.*

Psalm 54: 4 “Behold God is my helper; the Lord is the sustainer of my soul.” NASB

Thomas Moore in *Care of the Soul*,<sup>xi</sup> states, “The great malady of 20<sup>th</sup> century implicated in all of our trouble and affecting us individually and socially is ‘loss of soul.’” Loss of soul implies loss of knowing self and loss of connectedness to God.

**1. What is soul and what is soul care?**

**2. What do the ancient practices of Israel and ritual have to do with the forming of my soul?**

**3. What is the current state of your soul? What nourishes your soul?**

[one on one exercise – answer the questions]

How do we know when God is seeking us out?

- restlessness within or an unnamed loneliness
- a hunger for deep bonding
- questions that keep surfacing
- sudden awareness or clearer vision about life's meaning
- an unexpected sense of deep contentment or peace
- a desire for greater truth
- an overwhelming awareness of God's mercy
- a bonding with beauty

How do we know when we are seeking God out?

- the willingness to sit with unnamed stirrings within
- the discipline of reflecting, pondering, meditating
- confrontation of fears, anxieties, and concerns
- deliberate decisions to go deeper
- savoring the beauty of creation
- entering into situations that involve risk and struggle
- actively bonding with a community of others who seek God
- welcoming goodness in others – vital companions who share the journey

#### **4. How will you respond to the Lord's invitation?** (silent exercise)

Immersion in the Trinitarian Presence... finding our way back home

*Learning to be present to the One who is always present.*

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 from your souls. For my yoke is easy and my burden is light."

Psalm 23:1-3 "The Lord is my shepherd, I shall not be in want. He makes me lie down in green pastures, he leads me besides quiet waters, he restores my soul."

Psalm 130:2 "But I have stilled and quieted my soul; like a weaned child with its mother, like a weaned child is my soul within me."

**What will you take away today?**

Benner, David G. *Care of Souls: Revisioning Christian Nurture and Counsel*. Grand Rapids, MI: Baker Books, 1998.

### **From Chapter 1. What Is Soul Care?**

#### **Jesus as the Model Soul Shepherd (pp.27-28)**

- met them where they were
- was compassionate
- acted out of an explicit moral context but was never condemning
- spoke with authority
- invited choice
- asked probing questions
- affirmed faith responses
- was scandalously inclusive
- set limits and took care of himself
- dealt with each person uniquely and individually
- related in a manner that affirmed people's value
- was never coercive or manipulative
- spoke in ordinary language
- didn't minimize the costs of discipleship
- dealt at the level of motivation, not just behavior
- preferred dialogue over monologue
- respected, but wasn't limited by, cultural norms
- demonstrated a holistic respect for the close relationship of body and soul
- never allowed his own needs to get in the way of meeting the needs of others
- challenged people to never settle for less than God's best for them
- gave in proportion to receptivity and spiritual hunger
- invited engagement, not passive receptivity
- gave what people needed, not what they asked for
- identified embedded spiritual issues
- allowed people to ignore or reject his help
- gave himself, not just advice
- accepted the trust people placed in him

**Recommended:**

Anderson, Fil. *Running on Empty, Contemplative Spirituality for Overachievers*. Colorado Springs: WaterBrook Press, 2004.

Barton, Ruth Haley. *Invitation to Silence: Experiencing God's Transforming Presence*. Downers Grove, IL: InterVarsity Press, 2004.

\_\_\_\_\_. *Strengthening the Soul of Your Leadership, Seeking God in the Crucible of Ministry*. Downers Grove, IL: InterVarsity Press, 2008.

Benner, David G. *Care of Souls: Revisioning Christian Nurture and Counsel*. Grand Rapids, MI: Baker Books, 1998.

\_\_\_\_\_. *Sacred Companions: The Gift of Spiritual Friendship and Direction*. Downers Grove, IL: InterVarsity Press, 2002.

Caliguire, Mindy. *Discovering Soul Health*. Downers Grove, IL: InterVarsity Press, 2007.

Ford, Leighton. *The Attentive Life, Discerning God's Presence In All Things*. Downers Grove, IL: InterVarsity Press, 2008.

Richard Foster. *The Celebration of Discipline: The Path to Spiritual Growth*. San Francisco, CA: HarperSanFrancisco, 1998.

Moore, Thomas. *Care of the Soul*. New York, NY: Harper Collins, 1992.

Shores, Steve. *Minding Your Emotions: How Understanding Your Feelings Can Nurture Your Soul*. Colorado Springs, CO: NavPress, 2002.

Thompson, Curt, M.D. *The Anatomy of the Soul, Surprising Connections Between Neuroscience and Spiritual Practices That Can Transform Your Life and Relationships*. Carol Stream, IL: SaltRiver, Tyndale House Publishers, Inc., 2010.

Willard, Dallas. *Renovation of the Heart: Putting On the Character of Christ*. Colorado Springs, CO: NavPress, 2002.