

Nourish Your Soul: 30-day Challenge

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You have a living soul that lasts forever, and it forms the very foundation of who you are. This in itself is absolutely incredible! But this forever-living foundation, this personhood of you needs care, for it can thrive or it can shrivel.

1 Hebrews 10:22a

It is God’s will that we **draw near** to Him. Drawing near is an invisible act of the soul and is done for our joy and His glory. As you enter this 30-day Challenge of intentional soul nourishment, make it personal by replacing the word “us” with your name or the personal pronoun “me.” Breathe this breath prayer throughout the day.

2 Psalm 16:11

God lacks nothing. He does not need us. But He is glorified and His mercy is magnified by giving us free access through His Son to the one Reality that can satisfy us completely and forever.



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The truth is: the health of our soul matters! As the driving force behind everything that is significant to us, our soul's health is critical. Our soul requires tender, loving care in order to avoid shriveling.

3 Psalm 42:1-2

Our soul needs to be refreshed.

4 Psalm 23:2-3

Our soul needs rest.

5 Psalm 116:7

God is the Soul's Rest.

6 Psalm 107:9

Our soul hungers.

7 Psalm 63:1

And our soul thirsts.

8 Psalm 143:6

Our soul experiences extreme thirst.



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9 Psalm 63:5-8

God satisfies our soul.

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A healthy soul depends on a strong connection with God and receptivity to Him. The soul is nourished by God Himself. God must be found in personal experience.

10 Psalm 130:5-6

Our soul **waits** – expectant, believing, longing; in sincerity, not just in word.

11 Psalm 62:5-7

Our **waiting** is to be on God ALONE. Notice that David charged his soul to wait. There will be times when we must talk to our soul - instructing it to **wait**.

12 Psalm 84:2

Our soul **longs** for fellowship with God. Oh, that we might know Him and be taken into communion with Him.



13 Isaiah 26:9

Our soul **yearns** (has an earnest, strong desire) for God.

14 Lamentations 3:24-25

Our soul is to **seek** God. It is our duty to make God the portion of our soul. Our seeking will help us in our waiting.

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[The soul:] “The coolest, eeriest, most mysterious, evocative, crucial, sacred, eternal, life-directing, fragile, indestructible, controversial, expensive dimension of your existence.”

-John Ortberg

15 Proverbs 20:27

Our soul is a **lamp**, a discovering light. With the help of conscience, we come to know ourselves – our dispositions and affections, our thoughts and intents, our strengths and our struggles.

16 1 Samuel 1:15

Hannah was more than ordinarily fervent in her prayer. Our soul can be **poured out**.



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17 Psalm 141:2

Our soul makes offering to God. Prayer is a spiritual sacrifice. It is the offering up of the soul – a sweet smelling savor to God.

18 Psalm 57:1-3

In times of fear our soul needs refuge.

19 Psalm 94:17-19

Our soul can be cheered.

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Learn, engage, lean in, and then delight in His presence. Taste and know the inner sweetness of God Himself in the very core and center of your soul.

20 Deuteronomy 11:18

Our soul is the **store-house** (or treasury) in which the Word of God must be laid up. Have your eyes constantly upon the Word allowing it to be ready, familiar, and precious to you.



21 Psalm 119:129

As you deposit God's Word into the **store-house** of your soul, admire it, adhere to it, treasure it as something of inestimable value.

22 Psalm 119:167

God's Word is **kept** in our soul – the innermost, uppermost place of our being.

23 Psalm 66:16

Our soul is **blessed** with spiritual blessings by God for His glory.

24 Psalm 103:1-2 and Psalm 146:1

Our souls can be **stirred** to the praise of God and are to **give thanks**.

25 Psalm 103, Psalm 104:1, and Isaiah 61:10

Our soul is to be employed in **blessing** (adoring) God.



26 Psalm 71:23

Praises are not only to be sung to the Lord with our lips, but also with our soul. Our soul is to **sing** praises to God. It is fitting for redeemed souls to be thankful souls.

27 Psalm 34:2

Our soul is to make its **boast** in the Lord, both privately and publicly.

28 Psalm 139:14

As our soul **boasts** in the Lord, the glory is to be given entirely to God.

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Experience a glimpse of heaven right here on earth as the ears of your soul hear God speaking directly to you and as the eyes of your soul look out and meet the eyes of God looking in.

29 Mark 12:30

Our soul is to be **one** with God. Loving God with heart, soul, mind, and strength will protect us from all things that rival Him for the throne in our soul.



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30 Psalm 73:25

God is to be our soul's One desire.

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That is God's delight; that we come to Him and spend time with Him. When we do, our soul is nourished.

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