

## LIFE GROUP DISCUSSION QUESTIONS

Date: November 19, 2023

Sermon Series: Inside Out: Living and Loving from a Healthy Soul

Sermon Title: How Jesus Cared for His Soul

Scripture: Various Scripture

Speaker: Dr. Ron Jones

1. Consider 1 Thessalonians 5:23-24 and discuss the ways ministry is soul care. Do you care enough for your soul to practice soul care?
2. Pastor Ron identified eight aspects of soul care and listed them in the notes. What are they? What is your reaction to them?
3. Read the Atlantic Shores Baptist Church Soul Care Policy and discuss your reaction to it.

*Because serving without soul care leads to burnout and spiritual failure, we require all who serve or volunteer at Atlantic Shores to attend weekly worship gatherings and be connected in a life group. We also encourage the practice of personal spiritual disciplines that include but are not limited to daily Bible reading, prayer, fasting, worship, journaling, silence, solitude, and Sabbath.*

4. Read the following passages aloud as a group: Matthew 4:1-2, 11:28-30; Mark 1:35; Luke 4:16, 4:42, 5:16, 6:12-13. Pastor Ron discussed four ways Jesus practiced soul care. Identify them, and then discuss which one impacted you the most and why.
5. What changes will you make in your life and spiritual practices after hearing this sermon?

Fig. 1

