

Soul Care:

Cultivating soul health through seven dimensions of spiritual formation.

Personal & Group Questions

Sermon taught on June 13, 2021 by Daniel Harrison.

Every Sunday of Soul Care is followed by two sets of questionnaires: Personal Soul Care Questions and Life Group Questions. Answer the personal questions on your own, and discuss the group questions together.

Questions are printable at church212.com/soul-care

WEEK 5: Mental Formation

How will I take care of my mind?

In this week's sermon, we unpack seven different dimensions of spiritual formation. We learn how our spirits have already been formed, but needs to be transformed as we grow into the image and likeness of Jesus.

Personal Soul Care Questions

1. How will I fill my mind with God's truth?

2. Am I okay with solitude and silence? And how can I make them enjoyable?

3. How can I make my spiritual habits easy?

Life Group Questions

1. What is a soother in your life? Or what is something you like to do for fun that refreshes you?

2. Consider Exodus 35:31. Why is being self-aware important?

3. Consider Romans 1:21 and Hosea 4:6. What connection do you see between the mind and heart?

4. Consider Romans 12:1-2 and Ephesians 6:12. What hindrances have you experienced with the renewing of your mind?

5. Consider Psalm 19:7, Philippians 2:16, Psalm 119:05. Why is a regular Bible reading routine important? Is this something you can improve in your weekly routine?

6. In reviewing your personal reflection questions, what is the most impactful change you will make in your life?
