



### **Announcements:**

1. **UNITE 101:** July 22 - 9am Kemptville, 11:15am in Winchester
2. **Meet me on Main:** Volunteer for these summer community events in North Dundas. Contact Pastor Matthew [matthew@southgatechurch.com](mailto:matthew@southgatechurch.com)
3. **Sponsored Free Swim:** - Saturday July 21, 1-4pm, Winchester Pool

### **Follow up - Did you take a next step from last week?**

1. What part of your character stood out to you this past week?
2. Did you commit to serving this summer?

### **Connect - Spend some time breaking the ice**

1. What is something you like to do to relax?
2. Did you decide how you will serve God this summer?

### **Pray**

#### **Engage - Let's talk about this week's teaching**

1. What do you understand about the soul?
2. We have: a will, a mind and a body. What is the purpose of each?
3. Soul care begins with understanding who you are. What is our identity in Jesus?
4. What are some examples of self care versus soul care?

### **Study - What does the Bible say?**

1. [Psalm 42](#) - How does the psalmist care for their soul?
2. [Psalm 139:13-14](#) - How is our soul integrated?
3. [Matthew 11:28-29](#) - Does the imagery being on a journey stand out?

### **Next Steps - Let's try to apply this.**

1. Write down the ways you care for your "self" and how you care for your soul.
2. This week choose one habit to try that works towards integration.

### **Bottom Line**

Soul care is ultimately journeying with Jesus.

### **Pray**