



HEALTHY SOUL

- **3 John 2** “Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.”

- YOU CAN ONLY BE AS WELL AS YOU ARE ON THE _____.

- **Matthew 11:28-29** “Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.”

- A RESTLESS SOUL IS SEARCHING BUT NEVER _____.

- **Ecclesiastes 2:22-23** “What does a man get for all the toil and anxious striving with which he labors under the sun? All his days his work is pain and grief; even at night his mind does not rest... “

WHAT ARE THE AFFECTS OF A RESTLESS SOUL?

IT WILL _____ YOUR MIND.

IT WILL _____ YOUR JUDGMENT (HEART).

IT WILL _____ YOUR LIFE.

- **Psalms 39:6** “We are merely moving shadows, and all our busyrushing ends in nothing.”

- DISSATISFACTION IN LIFE IS NEAR THE ROOT OF ALL KINDS OF SIN.

- **Matthew 11:28-30** “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

WHAT IS THE ANSWER FOR A HEALTHY SOUL?

TAKE ON THE _____ JESUS GIVES FOR YOUR SOUL.

TAKE ON JESUS’ _____.

TAKE ON THE _____ HEART.

- **Hebrews 4:9-11** “There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest.”