



Last week, we started a new series called *Soul Searching*, and we started a weekly devotional for adult leaders because healthy leadership requires a healthy soul. We often find ourselves leading everyone around us, but we forget or neglect our own spiritual needs. Take a few minutes to read the devotional below, and spend some time evaluating your own soul.

Week 2:

Psalm 127:1–2

Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain. In vain you rise early and stay up late, toiling for food to eat for he grants sleep to those he loves.

“A restless soul is one that thinks it is in control and needs to take care of everything. If we do not rest, we are trying to be our own God ... Worry comes from thinking we are in control.” – Judah Smith in *How’s Your Soul*

In what areas in your life do you have too much control? Where are you failing to trust God and putting yourself in the place of God?

Genesis 2:18

The Lord God said, “It is not good for the man to be alone. I will make a helper suitable for him.”

“Even though Adam’s soul was perfect and the world was perfect, it was still not healthy for it to be alone ... Relationships can be created/put together by the hands of God. Those relationships will create an environment where your soul can thrive.” – Judah Smith in *How’s Your Soul*
Are your close relationships intentional? Do they help your soul thrive and grow in your relationship with God?

Evaluate:

- Are they giving you life?
- Are they serving or only taking?
- Are they building you up or tearing you down?
- Are they healing or hurting your Soul?
- Are you providing these very things in those relationships?