



We just finished our final week of our *Soul Searching* series on Sunday. So far, we have talked about how God created our soul to rest, how important it is to maintain a healthy soul, and unity that comes from a healthy soul. Our series is going to end with a discussion on limits. Limits are not fun, but they are necessary to have a healthy Soul. Remember that healthy leadership comes from a healthy soul.

Check out this week's devotion:

### **Proverbs 4:20–24**

*“My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one’s whole body. Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk far from your lips.”*

### **Ephesians 5:2, 15**

*Walk in love, as Christ loved us and gave himself up for us ... look carefully then how you walk, not as unwise, but as wise, making the best use of the time, because the days are evil.*

“Our souls need consistency. They need a sturdy walk and a regular page. But the human soul is by nature inconsistent and fickle.” – Judah Smith in *How’s Your Soul*

- Consistency: How do you measure consistency in your walk? Is there consistency in the way you respond to interruptions?
- *Knowing* that Jesus is going to fulfill His promises and *living* like it are two totally different things. Do you really believe that God is going to finish what he started in you? This isn’t answered by your thoughts, but it’s based on our actions and response to things.
- What are some limits that you have set to help you grow in your relationship with Christ? Are there some areas where you need to add new limits?