



We are in week 3 of our *Soul Searching* series. So far, we've talked about how God created our soul to rest and how important it is to maintain a healthy soul. Remember that healthy leadership comes from a healthy soul.

Check out this week's devotion:

Psalm 1:3

They are like trees planted along the riverbank, bearing fruit each season. Their leaves never wither, and they prosper in all they do.

Psalm 92:12–14

The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green.

“A truly effective life begins with an effective soul. It flows from a soul that functions and finds its value not in external accomplishments but in its relationship with God ... There are two elements of an effective life: Surrender (to God) and Surrounded (by God).” – Judah Smith in *How's Your Soul*

- How does “Surrender and Surrounded” help your soul stay healthy?
- Which element, “Surrendered” or “Surrounded,” do you struggle with the most? What are some things you can do to improve or some changes you can make?
- How do you remain Surrounded in relationships that are difficult or hard to maintain? Do you find that you isolate yourself from others knowing about those difficult relationships?