

Podcast Worksheet
Be Still My Soul: Clearing the Clutter

Scriptural Texts:

Psalms 19:7; 23:3; 31:7, 9; 42:1-7; 46:10; 57:8; 116:7; Proverbs 19:8; Matthew 6:33; 1 Timothy 4:8

Main Points:

1. Many people keep their schedules at fever pitch because they are afraid of having empty or quiet time.
2. We need rest. Our eyes, ears, brains, and bodies need down time to rest and regroup.
3. Our soul (our heart, mind and will), needs rest, time to reflect and process.
4. God made our bodies to require sufficient sleep, and to require a Sabbath rest by taking one day a week off from work. Both offer soul care, as well.
5. Rest is a gift from God, an opportunity to be blessed by him.
6. Beginning each day in a quiet place with the Lord, reading the Word, praying, listening, and sharing your thoughts, is a great way to feed your soul.
7. Our soul's health is vitally important since it is the command center of our life. Healthy soul – healthy life. Toxic soul – toxic life.
8. Soul care starts by analyzing your life, minimizing the pointless things, and capitalizing on the things that are truly important.
9. Live intentionally.

Questions:

1. Try the experiment I mentioned in the podcast. Schedule a 2-hour block to sit alone and do nothing—no work, no devices, no reading, no people, no distractions. Record your reflections.

2. Make two lists: one of things that feed your soul and give it rest, another of things that stress or deplete your soul.

3. After completing #1 and #2, what changes do you believe God would have you make?

Prayer of Response:

Lord God, my soul aches for rest. My frenzied life has left me feeling empty and depleted. I realize far too much of my time is spent on pointless or harmful things, squeezing out time for you and for soul care. Please restore me and fill me back up. I desire more of you. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to _____
