

Bible Study Soul Workout



The Bible is rich with many different kinds of words from God to us. One kind is instructions and commands... ways in which God tells us of His best ways for us to live. He gives us these instructions from His heart of love and wisdom, because He knows what is best for our lives. We like to encourage people to engage with these instructions as if they are a "workout" for the soul. Our souls are comprised of our mind, will and emotions. If we want to have a healthy and strong soul, then we need to be willing to "workout" in the Words God speaks to us.

Below you will find a Soul Workout tool. By choosing a passage 1-4 verses long that lends itself toward the character, attitude and action of your soul, and then taking the time to engage your mind will and emotions in each exercise, you will be working out with the Holy Spirit in His sanctification gym. Simply write the passage location on the line in the top left box. Then complete each exercise in order. Directions for each exercise are below...

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| <p><i>Bible Study</i> Soul Workout</p> | <p>1. Copy the Passage and Underline All Instructions</p> | | <p>How To:</p> <p>Choose a passage 1-4 verses long that lends itself toward the character, attitude and action of your soul (mind will and emotions). Then follow the directions below in order.</p> <ol style="list-style-type: none"> 1. Copy the passage, underlining all of the instructions within it. 2. What is the context of the verses? 3. Read the verses in at least 3 other Bible versions. Notate differences. 4. Look up any words in the verses for which you need clarity. Record the definitions you find. 5. Ask the Lord to bring to mind other related verses. Research as well to find some. Record what you find. 6. How do the instructions in these verses speak to the processes of your mind? Record your thoughts. 7. How do the instructions in these verses speak to the activity of your will? Record your thoughts. 8. How do the instructions in these verses speak to the feeling and expression of your emotions? Record your thoughts. 9. After working out your soul in these verses, is repentance needed? Respond with surrender. 10. After working out your soul in these verses and finding places of repentance, is there strength needed. Record a prayer asking God for help. 11. Record any decisions you've made. 12. Who can help you grow in this area? Share your workout with them and ask them to give you support. |
| <p>3. Translation Differences</p> | <p>2. Context</p> | | |
| <p>4. Words That Need Defining</p> | <p>6. Soul Effect: My Mind</p> | <p>9. Repentance Needed</p> | |
| <p>5. Related Verses</p> | <p>7. Soul Effect: My Will</p> | <p>10. Strength Needed</p> | |
| | <p>8. Soul Effect: My Emotions</p> | <p>11. Decisions I have made</p> | |
| | | <p>12. My Spotter</p> | |