

The Bible is rich with many different kinds of words from God to us. One kind is instructions and commands... ways in which God reveals His best ways for us to live. He reveals these things 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 the Bible Study Soul Workout tool. By studying 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.

<p>Bible Study Soul Workout</p>	<p>1. Copy the Passage and Underline All Instructions</p> <p>Choose a passage 1-4 verses long that lends itself to the character, Attitude and action of your soul... your mind, will and emotions. Copy the passage, underlining all of the instructions within it. These instructions might appear as direct commands or they may be implied by the example given.</p>	
<p>3. Translation Differences</p> <p>Read the verses in at least 3 other Bible versions. Notate differences.</p>	<p>2. Context</p> <p>What is the context of the verses?</p>	
<p>4. Words That Need Defining</p> <p>Look up any words in the verses for which you need clarity. Record the definitions you find.</p>	<p>6. Soul Effect: My Mind</p> <p>How do the instructions in these verses speak to the processes of your mind? Record your thoughts.</p>	<p>9. Repentance Needed</p> <p>After working out your soul in these verses, is repentance needed? Respond with surrender.</p>
<p>5. Related Verses</p> <p>Ask the Lord to bring to mind other related verses. Research as well to find some. Record what you find.</p>	<p>7. Soul Effect: My Will</p> <p>How do the instructions in these verses speak to the activity of your will? Record your thoughts.</p>	<p>10. Strength Needed</p> <p>After working out your soul in these verses and finding places of repentance, is there strength needed? In what way? Record a prayer on the back asking God for help.</p>
	<p>8. Soul Effect: My Emotions</p> <p>How do the instructions in these verses speak to the feeling and expression of your emotions? Record your thoughts.</p>	<p>11. Decisions I have made</p> <p>Record any decisions you've made as you have engaged with this passage and spent time with the Holy Spirit.</p>
		<p>12. Prayer Accountability</p> <p>Who will you ask to pray for you?</p>