

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><i>Bible Study</i> Soul Workout</p>	<p>1. Copy the Passage and Underline All Instructions</p>	
<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. Prayer Accountability</p>