

Mind, Body, Heart

True soul care involves our mind, body and heart, resulting in a life that experiences peace. How does this take place? What changes does God want us to make? We'll look at everyday steps we can take as we learn the truths of biblical soul care.

Scott Poling has served as senior pastor for 29 years at Harvest New Beginnings Church located in the southwest suburbs of Chicago. He's seen first-hand God's work in the renewal of a dying church, and has gained a unique perspective, understanding the personal pressures and trials of ministry while navigating the many heartaches and challenges that come with leadership. He has a heart to see the souls of pastors and ministry leaders encouraged and renewed and looks forward to sharing many of the insights and wisdom he's gained through the years. He received his B.S. degree from Cedarville University and his ThM from Dallas Theological Seminary. Scott has 5 children with his wife of 33 years, Carla, and 3 grandchildren. His interests include trail running, visiting national parks and watching living off-the-grid survival shows.

I. **DWELL ON IT** (Philippians 4:8-9; Proverb 23:7a; Mark 7:20-23; Romans 1:21-22; Romans 12:1b-2)

A. Remember These Eight

1. Truth (2 Corinthians 11:3; Psalm 119:151, 160; John 17:17; Ephesians 4:23-24)
2. Honorable
3. Just (Proverbs 12:5; Proverbs 31:8-9; Romans 12:18-21)
4. Pure (Matthew 5:27-28; Hebrews 13:4)
5. Lovely (Genesis 1:31a; 1 Corinthians 13:4-8a)
6. Commendable (Proverbs 3:3-4)
7. Morally excellent (Proverbs 10:9, Proverbs 11:3)
8. Praiseworthy (Colossians 3:1-4)

B. What Do I Do When I Struggle?

1. Take every thought captive (2 Corinthians 10:4b-5)
2. Practice self-control (Galatians 5:22-23a)

II. ACT ON IT (Philippians 4:9)

A. Go From Thinking Right to Acting/Doing Right

B. Put it Into Practice

C. Do What You've Learned (2 Timothy 3:10)

D. Do What You've Received (James 1:22-25)

E. Do What You've Heard

F. Do What You've Seen (Philippians 3:17; 1 Corinthians 4:16-17,
1 Corinthians 11:1; 1 Thessalonians 1:6-7; 1 Peter 5:2-3; 1 Corinthians 15:33-34)

III. EXPERIENCE PEACE IN IT (Philippians 4:9b)

A. Listen and Learn (Isaiah 32:17; Romans 8:6)

B. Be Surrounded by Peace in Your Life (Philippians 4:4-7; Philippians 4:9)