

Soul Care of a Leader

Over the years of ministry, we have all witnessed strong leaders whose souls have gone untended. Anxiety, burnout, depression, and anger are some of the symptoms of a neglected soul. How can we help a hurting soul? What are some of the practical steps to help our streams of life stay clean, alive, and healthy? Only a rested, well cared for soul has the capacity to empathize and understand profoundly, to ask questions, and not simply go through the motions of faith.

Jelena Sivulka was born and raised in Serbia, where she got her master's degree in psychology and a master's degree in theology. She became a Christian 25 years ago and a few years later got involved in ministry with her husband Greg, planting churches, distributing humanitarian aid, and partnering with Joni and Friends, serving people with disabilities. Jelena has also worked as a counsellor in Serbia's schools and a social worker, and she is currently working as therapist in a medical clinic. She is the founder and director of the non-profit organization Hana's Hope. She has been blessed with three children: Benjamin, Sara, and Hana, who has autism.

I. Introduction

A. Soul mystery

1. "Looney Tunes" theory of the Soul
2. 21 grams
3. Lost quest for a soul mate
4. SOS

B. The life center of human beings

1. In the beginning
2. Operating system of our life
3. Soul vs. Self
4. The language of our Soul
5. Nephesh- Story of a needy man

We are limited in every way but one - we have unlimited desire. K.D.

II. Enemy of the soul

A. Sin

B. Lies – amazing cognitive flexibility

“the godlessness and wickedness of people, who suppress the truth by their wickedness”-Apostle Paul

C. Search for Idols

D. Shepherding yourself

“We live in a world that teaches us to be more concerned with the condition of our cars, or our careers, or our portfolios than the condition of our souls.” - John Ortberg

III. Soul boosters

A. What does God think of me?

“Prayer, meditation and confession actually have the power to rewire the brain in a way that can make us less self referential and more aware how God sees us.” - Jeff Schwartz, UCLA Researcher

B. Confession -The soul is healed by confession.

C. God’s Word - **“The law of the Lord is good is perfect, refreshing the soul.”** Psalm 19:7

D. Desire for God - **“My Soul yearns, even faints, for the courts of the Lord.”** Psalm 84:2 **“My Soul thirsts for God, for the living God.”** Psalm 42:2

IV. Ancient path,

“Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls.” Jeremiah 6:16

A. Food for Thought.

1. Ruthlessly eliminate hurry from your life, D.W. to J.O.
2. Pain and suffering, soul building in our lives
3. Language of the Soul
4. We flourish and heal in a healthy surrounding

B. Food for your Heart, knowing our self in relation to God

1. Deeply loved
2. Deeply sinful
3. Redeemed and restored

C. Food for Soul

1. Intimacy of prayer
2. Divine care (Elijah, David, Hannah)
3. Holy invitation (John 17)
“I cling to you; your right hand upholds me” Psalm 63:8

Suggested Readings:

Benner, David G., *The Gift of Being Yourself*, Downers Grove, IL: Inter Varsity Press, 2004.

Nouwen, Henry J.M., Adam, *God's Beloved*: Orbis Books, 1997.

Nouwen, Henry J.M., *In the Name of Jesus*, New York: A Crossroad Book, 1989.

Ortberg, John, *Soul Keeping*, Grand Rapids, Zondervan, 2014

Peterson, Eugene H., *Run with the Horses*, Downers Grove, IL: Inter Varsity Pres, 2009.

Shackelford, John F., *Knowing Yourself Knowing God*, 2015.

Voskamp, Ann, *The Broken Way*, Grand Rapids: Zondervan, 2016.