

# Strengthening Our Soul

Journey Guide



# Let's Get Started!

You are about to embark on one of the most important journeys you will take in your entire life: a journey into soul health. In light of the importance of this pilgrimage, we've created a set of tools meant to guide you towards flourishing . . . whether you're sailing on calm seas or in the midst of a storm, frantically signaling SOS to anyone who will listen, this is for you.

Take a moment to commit to this path. Engage with the material. Connect with one of our spiritual directors. And as you do, embrace the movement of the Spirit of God in your life, listening for His subtle and gentle leading.

My name is Mindy Caliguire, and you'll see me in most of the videos, but I want you to know we have an entire team of people ready to support you as you travel on this new adventure. We're here for you, and we're cheering you on.

Godspeed!

*Mindy Caliguire*



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# Introduction

# Welcome to SOS

## Strengthening Our Souls, a guided journey to soul health.

Here, we'll help you take inventory of your soul and introduce practices and relationships that will put you on a path to flourishing in every dimension of your life.

In Matthew 16:26, Jesus asked one of his most famous questions: “And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?”

So many of us, even with the best intentions, become entangled in the busyness and hectic pace of the world around us. We run the risk of gaining the world, having the material possessions and accomplishments that we want, and yet still losing all of the things that are actually most important to us.

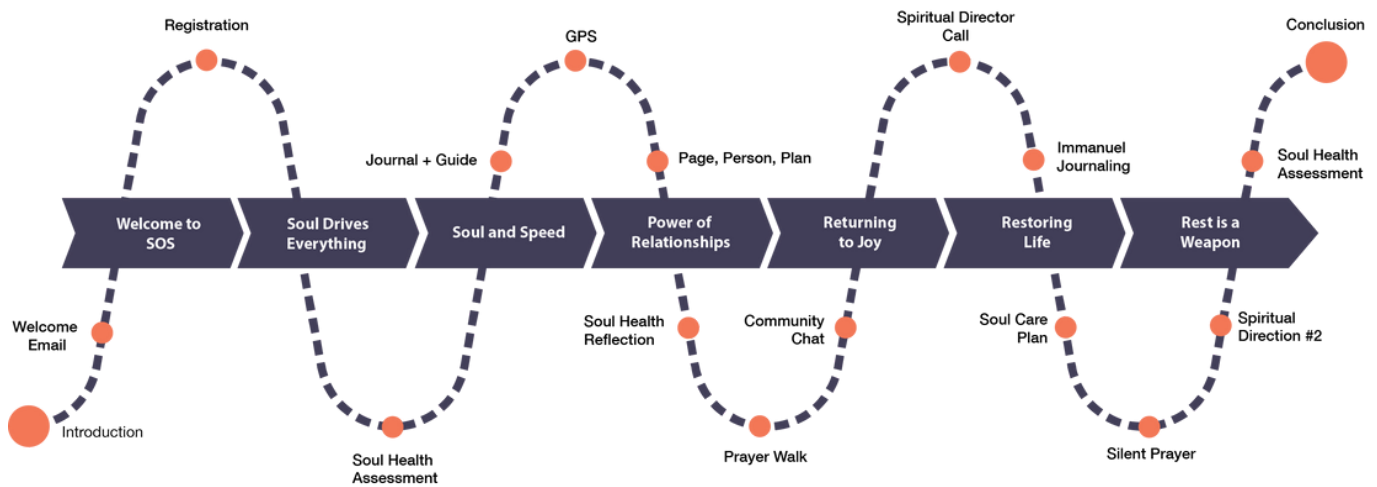
Here at Soul Care, our goal is to help you rediscover your soul, take stock of where you are, and help you find a path that will lead to your soul's flourishing.

No matter where you are on your journey, thanks for joining us for Strengthening Our Souls. We can't wait to get started!

Team Soul Care

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# S.O.S Journey Map



Here's an overview of the path that lies ahead. We have so many good things in store for you on this journey! But don't let the map itself, or the number of stops, overwhelm you--notice the meandering path? The gentle looping curves of the road? You can travel this at a pace that works for you!

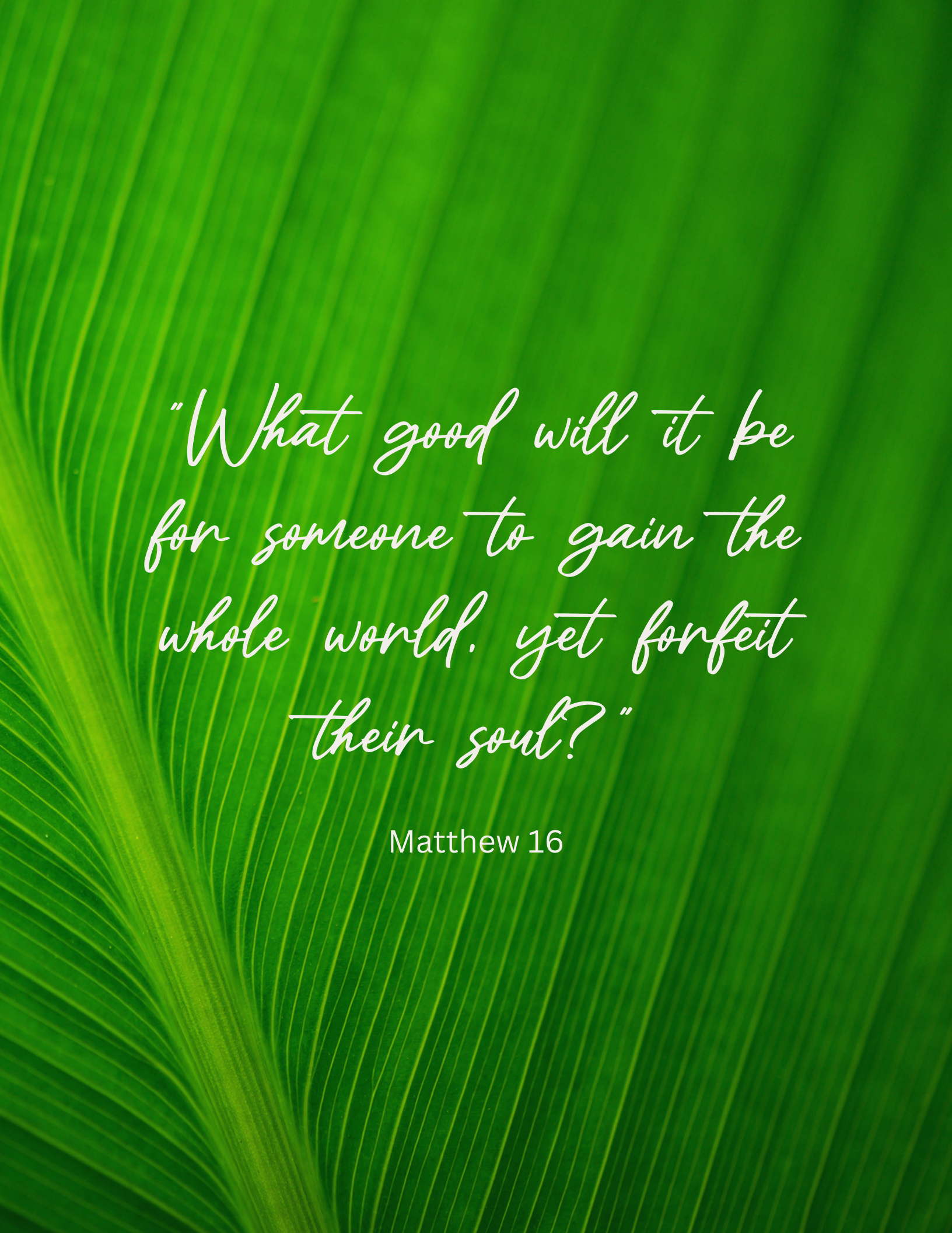
From the welcome email to the final Soul Health Assessment, everything here has been deliberately chosen and implemented for the health of your soul. Your flourishing, in every aspect of your life, is our main concern!

So don't race for the Conclusion. Fully engage with each stop along the way. Make time to do the suggested practices. And when you get the end of this journey, we pray that your soul will be strengthened in unexpected ways.



Soul Drives  
Everything





*"What good will it be  
for someone to gain the  
whole world, yet forfeit  
their soul?"*

Matthew 16



# Key Takeaways

On reconnecting with God and a question Jesus asks us

1

## **Is it well with your soul?**

“And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul?”

2

## **Your soul drives everything.**

Your soul is inextricably woven together with all the dimensions of your personhood.

3

## **How to strengthen the soul.**

We must reconnect with God if we are going to experience life

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# Discussion Prompts

## Soul Drives Everything

1

Can you identify specific times when you've felt connected to God, to yourself, to others?

Can you identify times when you've felt disconnected from God, from yourself, from others?

2

What do you feel deeply connected to?

3

What wounds could be your point of connection to God's Spirit? Have you experienced connecting to others more deeply through suffering or pain?

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# Next Steps

Page. Person. Plan.

Choose one prompt and revisit or answer one each day. The goal will be to write daily.

- What or who most influence your understanding of the soul?
- What scripture have spoken to you most about the soul?
- What has been the condition of your own soul recently?
- Which part of the Page | Person | Plan framework is strongest for you at this time? Which one is least developed?
- What's a metaphor or an object that reflects how your soul is doing right now?
  - Do you feel like parched soil?
  - Are there cobwebs and dust where fresh breezes used to blow?
  - Are you sensing yourself immersed in God, like swimming deep underwater and somehow you can breathe?

*An  
invitation  
to  
reflection*

## Next Steps

# Page. Person. Plan.

An  
invitation  
to  
connection

## This is an invitation to connection

- Schedule your time with Spiritual Director
- Invite a Family or Friend your journey. Talk with family member or friend about this journey and your hopes/fears/ambivalence about it.



# Next Steps

Page. Person. Plan.

## Designing your Soul Care Plan

### Your Calendar

- Establishing a Rhythm - Print out the 30/60/90 worksheet and fill it out.

### Your Practices

- Establishing your set of practices - Choose one practice to integrate into your life.

### Your Relationship

- Establishing your support community.

Have you completed the **S.O.S. Assessment?**

*An  
invitation  
to  
intention*

