



# Assignments for Session 1: What Is My Soul? Restoring My Soul

## Key Words for you to know & explain

1. Sanctification
2. Tri-dimensional human being
3. Soul
4. Spirit
5. Body
6. Psyche
7. The Holy Spirit
8. Spiritual transaction
9. Soul loss

**Listen to my two audio recordings for Lesson 1a “What is the Soul: and 1b, “Restoring Our Soul.”**

**Read document called “Affirmation”**

## Reading Plan & Personal Study

Read these Scriptures and consider why I wanted you to read them. What is God saying to you through His Word? Notice the word sanctified or sanctify.

- As for me, I said, “LORD, be gracious to me; Heal my soul, for I have sinned against You. (Ps 41:4).
- For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in dark places, like those who have long been dead. Therefore, my spirit is overwhelmed within me; My heart is appalled within me (Psalm 143:3-4).
- “What shall I say? For He has spoken to me, and He Himself has done it; I will walk quietly all my years because of the bitterness [anguish] of my soul. (Isaiah 39:15).
- Do not conform to the pattern of this world, but be transformed by the renewing of your mind.... (Romans 12:2).
- And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit (2 Corinthians 3:18),



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- Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ. (1 Thessalonians 5:23).
- And you shall love the LORD your God with all your heart, with all your **soul**, with all your mind, and with all your strength.’ This is the first commandment. (Mark 12:39)
- And Mary said, ‘My soul exalts the Lord, and my spirit has rejoiced in God my Savior’ (Luke 1:46).
- As the deer pants for the water brooks, so my soul pants for Thee O God. My soul thirsts for God, for the living God, when shall I come and appear before God? (Psalms 42:1-2).
- For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. (Hebrews 4:12)
- Beloved, I urge you as aliens and strangers to abstain from fleshly lusts, which wage war against the soul (1 Pet 2:11)
- For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian or Bishop of your souls. (1 Peter 2:25)
- Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart (1 Peter 1:22)
- Beloved, I pray that in all respects you may prosper and be in good health, just as your soul prospers. (3 John 1:2).
- Obtaining as the outcome of your faith the salvation<sup>1</sup> of your souls. (1 Peter 1:9)
- And my soul shall rejoice in the Lord; It shall exult in His salvation.<sup>2</sup> (Ps 35:9).
- Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST (renewal, blessed, quiet) FOR YOUR SOULS. (Matt 11:29, Amplified)
- For you were continually straying like sheep, but now you have returned to the Shepherd and Guardian or Bishop of your souls. (1 Peter 2:25)
- He restores my soul; He guides me in the paths of righteousness for His name’s sake. (Psalm 23:3,
- Pursue peace with all men, and the sanctification without which no one will see the Lord. (Hebrews 12:14)
- This hope we have as an anchor of the soul, a hope both sure and steadfast and one which enters within the veil (Heb 6:19).
- Therefore, putting aside all filthiness and all that remains of wickedness, in humility receive the “word” implanted, which is able to save<sup>3</sup> your souls. (James 1:21).

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<sup>1</sup> Many scriptures speak of salvation in terms of its past, present, and future dimensions. “I have been saved; I am being saved; and I will be saved.”

<sup>2</sup> A general definition says salvation is a process which begins when a person first becomes a Christian, which continues through the rest of their life, and which concludes on their Last Day. (James Akin)

<sup>3</sup> To save your souls means: is the state of being saved or protected from harm or a dire situation. In religion and theology, salvation generally refers to the deliverance of the soul from sin and its consequences.



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- Woe to you, scribes and Pharisees, hypocrites! For you clean the outside of the cup and of the dish, but inside they are full of greed (robbery) and self-indulgence. You blind Pharisee, first clean the inside of the cup and of the dish, so that the outside of it may also become clean. Matt. 23:25-26.
- You offspring of vipers, how can you, being evil, express any good things? For the mouth speaks from that which fills the heart. A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things. (Matt 12:34-35)
- But the things that come out of the mouth come from the heart, and those things defile the person. For out of the heart come evil thoughts, murders, acts of adultery, other immoral sexual acts, thefts, false testimonies, and slanderous statements. These are the things which defile a man, but to eat with unwashed hands does not defile a man." (Matt. 15:18-20).
- He refreshes and restores my soul; He guides me in the paths of righteousness for His name's sake. (Psalm 23:3, Amplified, NASB)
- For nothing is secret that will not be revealed, nor anything hidden that will not be known and come to light. (Luke 8:17)

## Questions

- Why do you want to take this zoom group?
- What characteristics and abilities does our soul have?
- What characteristics and abilities does your spirit have? Body have?
- How do illusions affect your soul?
- What is the relationship between restoring your soul and the Holy Spirit?

## Spiritual Action Steps

- Do you have confidence that the Spirit of Jesus Christ is within you? Has your spirit has been quickened and made alive through the new birth experience? Read John 1:12; 1 Peter 1:23; Romans 10:9-11
- Does God love you?
- Have you been changed or transformed in some way?
- Which Scripture spoke to you the most?
- Have you surrendered your heart to God?
- Write out a description or draw a picture of the condition of your soul.
- What is the root of your problems?
- What does it mean to have your soul restored? How does this take place?
- Have you experienced the Holy Spirit?
- Give God permission to access your heart.
- Ask God what is underneath your behavior.
- Do you have spiritual hunger for God?
- Can you remember times when your soul was at peace?
- "Practice His Presence" several times a day. "I thank you, God, that you are with me; that your blessings are upon me; that your favor surrounds me. I thank you God that you will never leave me or forsake me."