



Mark 1:35-37 (NKJV)

Now in the morning, having risen a long while before daylight, **He went out and departed to a solitary place; and there He prayed.** And Simon and those who were with Him searched for Him. When they found Him, they said to Him, "Everyone is looking for You."

Mark 6:31-32 (NKJV)

And He said to them, "**Come aside by yourselves to a deserted place and rest a while.**" For there were many coming and going, and they did not even have time to eat. So they departed to a deserted place in the boat by themselves.

Matthew 16:26 (NKJV)

For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?

SOUL AND SPIRIT

1 Thessalonians 5:23 (NKJV)

Now may the God of peace Himself sanctify you completely; and may your whole **spirit, soul**, and body be preserved blameless at the coming of our Lord Jesus Christ.

Hebrews 4:12 (NKJV)

For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of **soul and spirit**, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

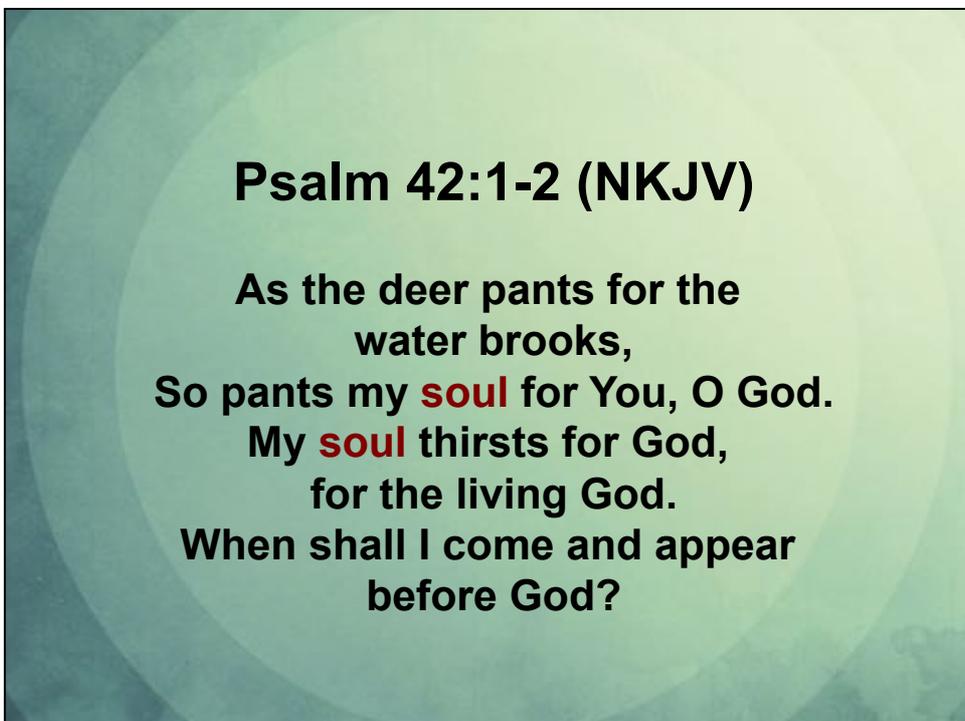
Dallas Willard explained the soul this way, “What is running your life at any given moment is your **soul**. Not external circumstances, not your thoughts, not your intentions, not even your feelings, but your **soul**. The **soul** is that aspect of your whole being that correlates, integrates, and enlivens everything going on in the various dimensions of the self. The **soul** is the life center of human beings” (John Ortberg, Soul Keeping)/

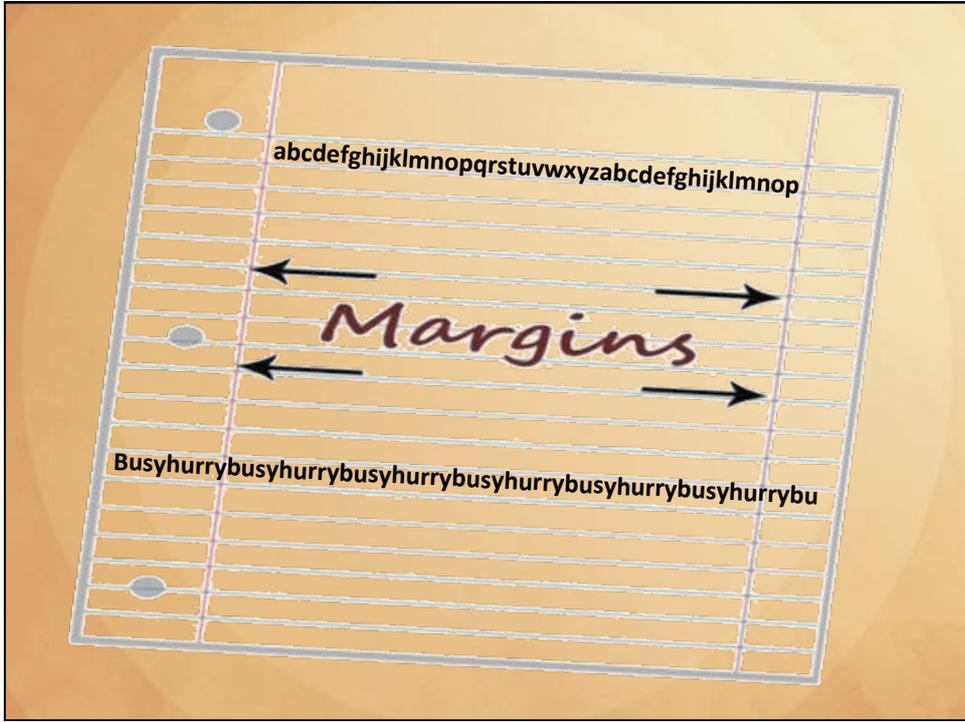
The **soul** is the innermost recess
of your life –
it encompasses your body, mind, heart
and even spirit!

Your soul is what integrates your will (your intentions), your mind (your thoughts and feelings, your values and conscience), and your body (your face, body language, and actions) into a single life.

(John Ortberg)

If your soul is healthy, no external circumstance can destroy your life. If your soul is unhealthy, no external circumstance can redeem your life (John Ortberg, Soul Keeping).







Slow Down and Be Still

**Come, come and cease from
your work,
Lay down the striving, let go of
your hurt.
Come, come, give your cares to
the Lord.
Know deep within, you're loved
and adored.**

**Psalm 46:10 (NKJV)
Be still, and know that I am God;**

The Discipline of SOLITUDE

Aloneness vs Lonely



Simplify Our PACE

Busyness and Overextension





**Come, come and quiet
your soul,
Give Him your all;
come give Him control.
Come, come the Holy Spirit
is here,
He'll never leave you,
He'll always be near.**

**Exodus 33:14 (NKJV)
And He said, "My Presence will go with
you, and I will give you rest."**

The Discipline of **SURRENDER**

Spirit vs Self



Simplify Our **POSSESSIONS**

De-accumulation





**Come, come and sit at His feet,
Ask for His presence;
with you He'll meet.
Come, come and listen for
His voice,
You only have to make a choice.**

**She had a sister called Mary, who was seated
at the Lord's feet, listening to His Word.**

**Lk 10:39-42 - ...you are worried and troubled
about many things. But one thing is needed...**

The Discipline of **STUDY**

Lifetime Learning vs Apathy



Simplify Our **PRIORITIES**

Core Values





SIT AT YOUR FEET

All that is in me longs for Your glory
All that is in me cries
How I love You
How I want You
How my soul cries for You

Matthew 11:28-30 (NKJV)

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your **souls**. For My yoke is easy and My burden is light.”

Matthew 22:37-40 (NKJV)

Jesus said to him, “You shall love the Lord your God with all your heart, **with all your soul**, and with all your mind.’

This is the first and great commandment.

And the second is like it: ‘You shall **love** your neighbor **as yourself**.’

On these two commandments hang all the Law and the Prophets.”