

*The Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living soul. Genesis 2:7 NKJV*

*What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? Matthew 16:25-26 NIV*

**SYMPTOMS OF AN UNHEALTHY SOUL:**

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**AN UNHEALTHY SOUL IS . . .**

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*Dear Heavenly Father,*

*I've come to realize that my soul needs attention. I admit that I have not been intentional when it comes to caring for the most important part of me. I'm asking you to begin restoring my soul. I surrender my will. I give you my body. And I ask you to renew my mind. Help me to pay better attention to the part of me that needs the most attention. Thank you for loving me enough to remind me of it today. In Jesus' name. Amen.*