



21 GRAMS

Soul Satisfaction

#NP21GRAMS

Week 3
3 of 5
October 16, 2016

Bottom Line: I and no one else am responsible for the condition of my soul.

Icebreaker: What is one thing you do regularly to take care of yourself mentally and spiritually? Why do you do this particular practice?

Key Verse: *Only be careful, and watch yourselves closely so that you do not forget the things your eyes have seen or let them slip from your heart as long as you live. Teach them to your children and to their children after them.*
Deuteronomy 4:9

The command to watch yourselves is really the command to watch your souls. The word “Deuteronomy” means “second law.” The whole book features Moses retelling the law to the Hebrews before they entered the promised land. Why would God do this? They’d been in the desert long enough. They had struggled through so much. Why did they need to be reminded of the law for these 34 chapters? Because we forget. It’s really that simple.

In a busy world we forget what is most important. We grab hold of the immediate at the expense of the eternal. The house of Jacob needed to remember their souls. The law is not a mechanism to teach us right and wrong – though it does do that – but it is primarily a mechanism to help us keep watch over our souls. The great grace of the law helps us remember God in all that we do so that we “do not forget the things [our] eyes have seen.”

No one else can take care of your soul for you; it is an individual pursuit. Only you and God have access to this part of yourself. You are called to remember it and teach your first disciples, your children, to remember their souls as well. Keep this in mind as you go throughout your week. Which is more important – having all the boxes checked off and having a spotless house or taking care of your soul? If we don’t remember the most important thing, we will overlook it in light of secondary things.

Heed these words today – be careful. They are as present and important for us as they were for their first hearers thousands of years ago.

THINK IT OVER >>>

Thinking back on Dwight’s message, what stood out to you?

Dwight said in order for us to have soul-satisfaction, our souls need acceptance, sustenance, significance, and achievement.

What are some ways the Bible calls us to remember and take care of our souls?

How careful are you watching over your own soul?
How careful are you teaching your children or those entrusted to your influence to do the same?

LOOK IT OVER <<<

Why do you think the Bible makes such a big deal about the Sabbath? Even though these are Old Testament commands, why are they still foundational – and relevant – for Christians?

When was the last time you felt like you truly rested?

What is the distinction between soul-saving rest and laziness? How do we embrace one while spurning the other?

How does embracing God’s life-giving grace allow us to rest from work and be satisfied in Him?

Why is obeying God and actively seeking to do what He says not at odds with taking care of our souls?

NEXT STEPS

This week, consider taking some next steps together, as a group:

1. Ask people to think out loud about all the different ways that they take care of their souls. Are there some practices here that might be helpful for you? Who is great at this? Who is bad at this? How can we benefit from the wealth of experience in this group?
2. Praise God for caring about your soul and for giving life to your soul through the gospel of Jesus Christ. Pray that you would attend to the work He is doing in your life through caring for your soul.

EVALUATION/ACTION Realizing and reaching your full potential in Christ

Bottom Line: I and no one else am responsible for the condition of my soul.

Rate yourself from 1 to 10 1 (never), 10 (always)	1	2	3	4		6	7	8	9	10
Why did you give yourself this rating?										
What benefits will you obtain by raising your rating?										
Do you know someone who demonstrates this bottom line well? What do you admire about that person?										
What specific action can you put into practice to raise your rating?										
At the end of this week, reflect - where did you see the bottom line show up in your actions throughout the week?										

PRAYER

List group members and their prayer requests for this week:

DAILY STUDY

Want to dig deeper? Check out **The Daily** this week at newpointe.org/daily:

Day 1: 1 Peter 2:25

Day 2: Psalm 94:17-19

Day 3: Exodus 20:8-11

Day 4: Hebrews 4:8-13

Day 5: 1 Timothy 4:7-10

Don't let the conversation stop here. Keep talking it over with others throughout the week.

(Don't forget to bring this paper to your next small group meeting)