

Small Group Study Guide – Session 11: Transforming the Soul

Key Learning: When the soul is healthy and rooted in God, life becomes more integrated, steady, and peaceful.

What did you think or feel as you listened to Steve teach on the soul?

Have you ever gone through a season where your spiritual life felt “blah”—dry, heavy, or disconnected? What did that feel like?

Prayer: Invite God to gently reveal the condition of each soul and to bring understanding, and renewal.

1. Recognizing Soul Fatigue

What are some signs your *soul* might be unhealthy? (Examples: emptiness, cynicism, escapism, overworking, temptation, numbness).

2. The Soul as an Inner Stream of Life

The soul is like an *inner stream of living water*.
When flowing → life, clarity, joy

When blocked → dryness, confusion, exhaustion

What is *blocking* or draining your inner stream?

3. Jesus’ Invitation: “Come to me... learn from me... and you will find rest for your souls.” (Matthew 11:28–29)

- What does it mean to “take His yoke” in everyday life?
- Why is *releasing control of outcomes* so difficult?
- What might it look like for you personally to trust God more with outcomes?

4. The Path to Soul Transformation:

- Receive God’s grace (not try harder) to bring about inner change.
 - Re-center on God. Obey His will. The soul finds order when God is at the center.
 - Practice spiritual disciplines (training, not performance)
 - Slow down your life. Hurriedness due to busyness is one of the biggest enemies of the soul.
 - Bring thoughts, feelings, and will into agreement with God’s Truth (consider what God says and feels about you).
 - Engage in community for support; consider speaking with a pastor.
1. Which of these steps feels most natural to you? Which feels hardest?
 2. What is one small, practical way you can begin caring for your soul this week?

5. Personal Reflection: Invite everyone to reflect silently:

- What is the current state of my soul?
- What is God gently inviting me to release or receive?
- Where do I need rest?

6. Closing Group Prayer

What Next: This Week’s Practice

- Spend 10 minutes each day in quiet with God
- Ask: “*How is my soul today?*”
- Read a Psalm slowly (like Psalm 23, 42, or 63)
- Release one worry to God daily

Closing Thought: Transformation of the soul is not instant—it is a journey. But as your soul becomes rooted in God, everything else begins to come alive.