

The Soul Care Guide

A gentle check-in for the life beneath the list.

PART 1 - NOTICE

Your soul is the deepest center of your life with God. Soul care begins by telling the truth about what is happening within you. No polished answer required.

A whole-person check-in

MIND - What thoughts keep circling? What feels foggy, loud, or difficult to hold?

EMOTIONS - What am I feeling, avoiding, resenting, grieving, or craving?

BODY - What are my sleep, breath, tension, energy, and appetite telling me?

SPIRIT - Do I feel connected to God, distant, angry, numb, hungry, or hopeful?

'He restores my soul.' - Psalm 23:3

Return to Jesus

PART 2 - RECEIVE

Jesus says, 'Come to me, all you who are weary and burdened' (Matthew 11:28). Soul care is not another assignment to perform. It is an invitation to come close and receive.

A ten-minute practice

1. Put your phone out of reach.
2. Sit comfortably and take five slow breaths.
3. Pray, 'Jesus, here I am. Help me be honest and help me receive.'
4. Read Psalm 23 slowly twice.
5. Sit quietly for two minutes.
6. Write what you noticed without trying to fix it.

What did I notice in the silence?

What truth from Scripture does my soul need today?

What would it look like to receive care instead of earning it?

Release What Is Not Yours

PART 3 - RELEASE

Being capable can make everything feel like your responsibility. It is not. Jesus served faithfully without allowing every urgent demand to direct Him. Ask God to help you separate calling from compulsion.

The carrying inventory

MINE TO CARRY - What has God clearly entrusted to me in this season?

MINE TO SHARE - Where do I need help, delegation, wise counsel, or professional support?

MINE TO RELEASE - What did I pick up because I am capable, afraid, guilty, or used to being needed?

One boundary that would protect my soul this week:

I will...

Choose a Soul-Tending Rhythm

PART 4 - PRACTICE

Choose rhythms small enough to live. The goal is not a flawless routine. The goal is a life that keeps returning to God, truth, wise care, and delight.

DAILY - One practice of presence with Jesus:

WEEKLY - One rhythm of rest, honest reflection, or safe connection:

DELIGHT - One thing I will enjoy without turning it into a project:

SUPPORT - One person or professional I may need to contact:

A prayer for the soul

Shepherd of my soul, slow me down enough to notice what is happening within me. Restore the places I have neglected while caring for everyone and everything else. Show me what is mine to carry. Give me courage to release what is not. Help me receive spiritual, emotional, and medical support without shame. Teach me to be with You, not only work for You.

Amen.

CARE NOTE

Anxiety, depression, panic attacks, brain fog, exhaustion, and other symptoms may have clinical or medical causes. Speak with a qualified medical or mental health professional about symptoms, diagnosis, medication, or treatment. If you are in immediate danger or thinking about harming yourself, contact emergency services or call or text 988 in the United States.