

Caring for Your Soul During Seasons of Change

(Ordering your INNER WORLD during uncertain times)

GOAL

How to be intentional moving from Self-Focused to Soul-Focused During Life's Transitions

TWO LESSONS

1. The journey to SOUL HEALTH is never-ending. It is a lifelong journey
2. Your past does not stay in your past. There are lessons to be learned IF we seek to reflect on these lessons with intentionality and trust that God has a purpose for it all. And often it is the emotional triggers from your past that surface WHEN you face a season of change or a significant Life Transition.

A Life Transition: An event of some kind that has a SIGNIFICANT impact (spiritually, mentally, emotionally or physically) on your life. There are usually three types: Anticipated, Unanticipated and a Non-Event

ROOTS RUN DEEP

Most of us were not raised in a perfectly loving home while growing up. As a result, we bring into adulthood our past unhealed wounds and emotional baggage. My examples:

- No boundaries or limits regarding what I want to do
- An independent attitude
- Dreading conflict
- Need for clarity, certainty and stability

These need to be surfaced and addressed or they will play a key role in dictating how you handle Life Transitions.

THE SOUL CARE LIFE TRANSITION MODEL (BD Version)

Your Response To: Jesus, Your Thought-Life, Your Emotions and People Closest to You?

The quality and quantity of our intimate time with Jesus will be the single most important factor that will dictate how healthy we will respond during a Life Transition Event

During Your Storms, What Are Your Anchors? – (Prov 3:5-6, Phil 2:5, 2 Cor 5:17)

UNHEALTHY (Self-Focused)	HEALTHY (Soul-Focused)
Isolating Stuff emotions Control – Out of Control Anger – Harshness Passive-Aggressive Irritable Turn From God and rely on me (old self)	Connect with your community Identify & express emotions, self-regulate Be humility – teachable Have compassion, empathy and kindness Practice balanced Self-Care Be aware of temptations and your sin areas Turn Towards God and rely on <u>His promises</u> (new creation)

HEALTHY SOUL-CARE QUESTIONS

1. What is the specific Life Transition(s) that I am going through right now?
2. What has been my typical “go to” response, when faced with a Life Transition?
3. What are the specific emotions I am feeling at this time as a result of this Life Transition?
4. What are the main thoughts about this Life Transition that are dominating my thought-life? Where might the enemy attack me?
5. How am I responding to the people in my life at this time?
6. How might God be in this Life Transition and what does He want me to know or learn?
7. How can I respond in a healthier way in ALL areas (see chart)?
8. Who am I allowing into my inner life right now?
9. Do I need any help at this time?
10. Can I help someone else?

WHAT SHOULD YOU DO

- Be intentional about developing and maintaining regular healthy habits and routines, spiritually, emotionally and mentally
- Maintain and connect with your trusted, close healthy community
- Be open to talk about your emotions (fears, concerns, etc) for potential Life Transitions
- Monitor your thought-life, it will show you the pathway you are on
- Check in regularly with people in your life to give you honest feedback regarding your self-awareness level
- Be hyper aware of your “GO-TO” unhealthy responses to Life Transitions and make plans how to address
- Identity your anchors of God’s Promises so you can rely and trust them when you are in a Life Transition

SOUL CARE LIFE TRANSITIONS MODEL

