



40 DAYS OF FAITH

*SOUL
KEEPING*



40 DAYS OF FAITH

SOUL KEEPING

Sin and The Soul

Your Soul

- The deepest part of you
- Primary Jobs:
 - Connect you to God
 - Integrate your inner life

*SOUL
KEEPING*



Healthy Soul = Connected to God
Inner Life aligned/integrated

Unhealthy soul = Disconnected
from God
Inner Life fragmented/dis-integrated

SOUL
KEEPING

Looking Inward Exercise

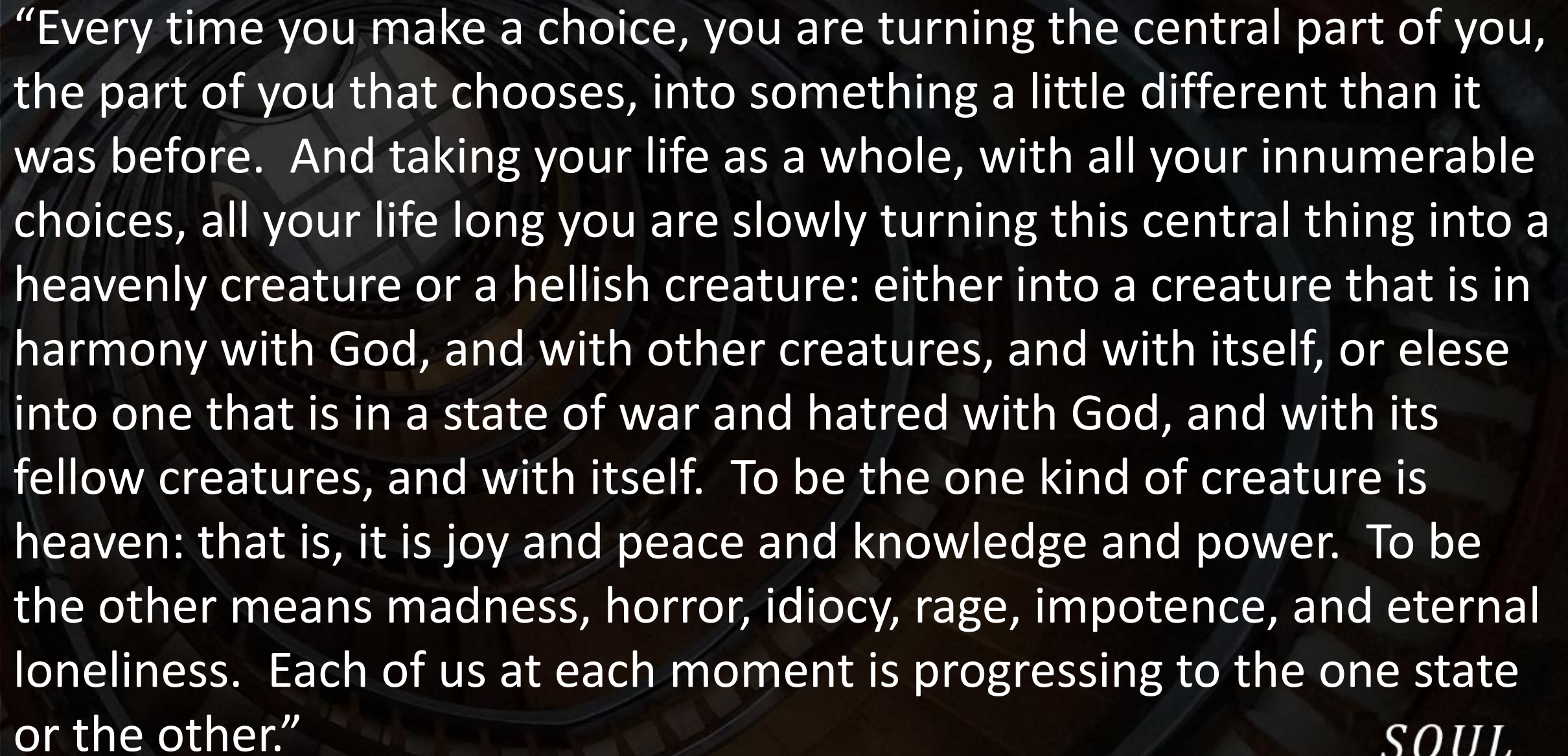
- Look inward to the deepest part of yourself
- Notice what is misaligned, “out of whack”
- Imagine yourself putting that in God’s hands
- Ask Him to heal you and free you from it

*SOUL
KEEPING*

An Unhealthy Soul

- A Healthy Soul Produces:
 - Peace, Love, Joy, Kindness, Goodness, Faithfulness, Self-Control
- An Unhealthy Soul Produces:
 - Hatred, Discord, Jealousy, Selfish Ambition, Fits of Rage, Envy

*SOUL
KEEPING*



“Every time you make a choice, you are turning the central part of you, the part of you that chooses, into something a little different than it was before. And taking your life as a whole, with all your innumerable choices, all your life long you are slowly turning this central thing into a heavenly creature or a hellish creature: either into a creature that is in harmony with God, and with other creatures, and with itself, or else into one that is in a state of war and hatred with God, and with its fellow creatures, and with itself. To be the one kind of creature is heaven: that is, it is joy and peace and knowledge and power. To be the other means madness, horror, idiocy, rage, impotence, and eternal loneliness. Each of us at each moment is progressing to the one state or the other.”

- C.S. Lewis, *Mere Christianity*

*SOUL
KEEPING*

A dark, high-contrast photograph of a spiral staircase, viewed from above. The staircase is made of dark metal or wood, with a grid-like pattern on the floor. The word "SIN" is overlaid in large, white, sans-serif capital letters in the center of the image.

SIN

*SOUL
KEEPING*

What is Sin?

1 John 3:4

Everyone who sins breaks the law; in fact, sin is lawlessness.

Sin is breaking God's rules

*SOUL
KEEPING*

We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!

(Romans 7:14–25)



What is Sin?

- Sin dwells within us

*SOUL
KEEPING*

We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!

(Romans 7:14–25)

What is Sin?

- Sin dwells within us
- Sin has power over us

*SOUL
KEEPING*

We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord! (Romans 7:14–25)

What is Sin?

- Sin dwells within us
- Sin has power over us
- Sin traps and enslaves us

*SOUL
KEEPING*

We know that the law is spiritual; but I am unspiritual, sold as a slave to sin. I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.

So I find this law at work: Although I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord! (Romans 7:14–25)

What is Sin?

- Sin dwells within us
- Sin has power over us
- Sin traps and enslaves us

*SOUL
KEEPING*

Sin Destroys Us

Romans 6:16

Don't you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness?

*SOUL
KEEPING*

Sin is Death Now

Romans 6:23

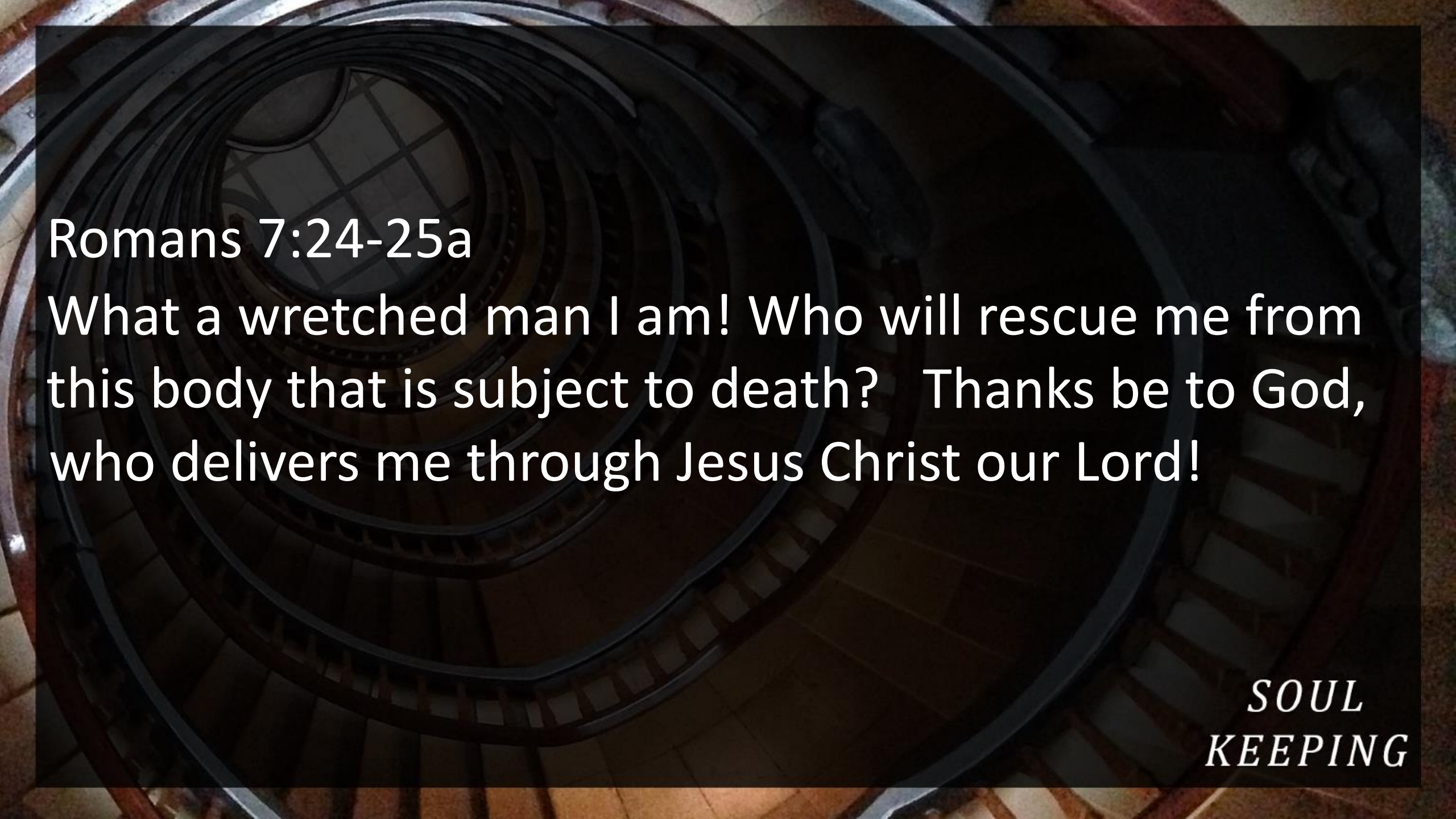
For the **wages of sin is death**, but the gift of God is eternal life in Christ Jesus our Lord.

*SOUL
KEEPING*

Why do we sin?

- But Jesus forgave our sins, right?
- Sin remains because we choose it
- Sin deceives us
- We believe Sin's promises
- We believe our way is better than God's
- Sin traps and enslaves us with its lies

*SOUL
KEEPING*



Romans 7:24-25a

What a wretched man I am! Who will rescue me from this body that is subject to death? Thanks be to God, who delivers me through Jesus Christ our Lord!

*SOUL
KEEPING*

What hope is there?

Romans 5:10

For if, while we were still God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life.

*SOUL
KEEPING*

Our Hope is Jesus

- Jesus death' forgave our sins – wiped away the punishment of eternal death later
- Reconciled us = Opened a pathway to relationship with God the Father
- His LIFE IN YOU = the way out of sin
- God heals our souls!

*SOUL
KEEPING*

Soul-Keeping Exercise

Psalm 42:5 Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

1. Notice why your soul is downcast or disturbed
2. Put your hope in God
3. Praise Him for being your Savior and your God

*SOUL
KEEPING*