



40 DAYS OF FAITH

S O U L
K E E P I N G



40 DAYS OF FAITH

*SOUL
KEEPING*

The Soul Rests in God

“In this (cycle of works), I simply go backwards against the tide of grace. I begin by trying to achieve impressive accomplishments through my own strength for my own ego. I hope that by doing this I might feel significant.

I hope that this sense of significance will sustain me through all the difficulties and stresses of life. And ultimately I hope that the end result will be a life that is somehow acceptable to somebody.

The cycle of works will destroy my soul. It is the hard yoke and the heavy burden”

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Matthew 11:27-30

²⁷ Jesus resumed talking to the people, but now tenderly. “The Father has given me all these things to do and say. This is a unique Father-Son operation, coming out of Father and Son intimacies and knowledge. No one knows the Son the way the Father does, nor the Father the way the Son does. But I’m not keeping it to myself; I’m ready to go over it line by line with anyone willing to listen.

*SOUL
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Matthew 11:27-30 cont.

28-30 “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

*SOUL
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Looking Inward Exercise

1. Close your eyes, take a few deep breaths and still your mind.
2. Find that place in you where you are tired, or worn out or burdened.
3. See if you can pinpoint what is causing it.
4. Imagine yourself giving that cause to Jesus. Tell Jesus you trust him to care for it.

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Matthew 11:28-30

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The Cycle of Grace

1. Acceptance

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Matthew 3:16-17

¹⁶ As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. ¹⁷ And a voice from heaven said, "This is my Son, whom I love; with him I am well pleased."

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Hebrews 11:6

⁶ But without faith *it is* impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him.

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The Cycle of Grace

1. Acceptance
2. Sustenance

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- He prayed.
- He had a circle of close friends – the twelve who went through life with him. He shared everything with them; people underestimate the role of friendship in Jesus' life.
- He engaged in regular corporate worship at synagogue.

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- He fed His mind with scripture.
- He enjoyed God's creations – mountain, garden and lake
- He took long walks
- He welcomed little children and hugged them and blessed them.
- He enjoyed partying with non-religious types.

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Psalm 131:2-3

But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. ³ Israel, put your hope in the LORD both now and forevermore

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The Cycle of Grace

1. Acceptances
2. Sustenance
3. Significance

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Ephesians 2:10

¹⁰ For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

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The Cycle of Grace

1. Acceptances
2. Sustenance
3. Significance
4. Achievement

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Ephesians 2:10

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Soul-Keeping Exercise

Meditate on Matthew 11:27-30 in The Message.

Spend some time with these verses this week and ask God to show you how He wants to apply them in your life.

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Matthew 11:27-30 cont.

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