

# Soul Health - A Self Assessment

1. What's the current state of your own soul? Using the list we've developed, perhaps adding a few of your own, write down the symptoms of soul health and of soul neglect that you (or someone who knows you well) would say are true of you lately.

**My Symptoms of Soul Neglect:**

**My Symptoms of Soul Health:**

2. Next, write about how you feel about your assessment. Do you resist it? Does it feel false? Hopeless? Light? Desirable?

3. What do you most need to receive from God right now? Take time to talk to Him about that now. Go ahead and ask for what you most want. Whether it's a sense of joy, or a nap, or forgiveness, or encouragement, or clarity on a decision, or more peace, or restoration of a "first love".

4. Read Psalm 145:16-19, below. How do you find yourself responding to God in this psalm? Let this be a time in which you call on Him in truth.

Examples:

*You open your hand and satisfy the desires of every living thing.*

*The Lord is righteous in all his ways and loving towards all he has made.*

*The Lord is near to all who call on him, to all who call on him in truth.*

*He fulfills the desires of those who fear him; he hears their cry and saves them.*