

HOW TO GET YOUR

# Life

BACK

## WEEK FOUR | *Well Check for the Soul*



“It’s human nature to want our problems to simply go away. Be honest now—how many of us have heard a troubling tick, tick, tick or thump, thump, thump coming from the general direction of our car’s engine or transmission and not done a thing about it, hoping it would just go away? We do this with our health all the time—that painful little hitch, the lump, the troubling indigestion, those few extra pounds cry for our attention, but we let it pass for months or even years, hoping it will magically sort itself out. How much more our souls? In this busy, mad, distracted world, it’s just too easy (and far more efficient) to send your soul to the back of the bus.”

**-John Eldredge**

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“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”

**-Psalms 34:18 (NIV)**



EVERYDAY PRACTICES FOR A WORLD GONE MAD



**HOW TO DO A WELL CHECK FOR YOUR SOUL:**

1. Make an \_\_\_\_\_ for it.
2. \_\_\_\_\_ for it.
3. \_\_\_\_\_ the \_\_\_\_\_ as prescribed.

“Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me”.

**- Revelation 3:20 (NIV)**

