

## Whole Soul - Week 1 - 10/5/25

### Remember -

1. What is the soul?
2. What is the only thing that truly satisfies the human soul?
3. What did Pastor Travis say is indicative of mature spirituality?
4. What is the growth pattern for wholeness?

### Read -

Psalm 42

### Discuss -

1. What do you do when your soul is dry?
2. Have you ever been desperate for God? Would you tell us about that experience?
3. How do you tend to numb your thirst instead of name it?

### Apply -

1. What did you learn about caring for your soul from Psalm 42?
2. What would holy self-talk look like for you this week?
3. What situation in front of you could God be using to change you, rather than wanting to change the circumstance?

### Pray -

Ask someone to open the prayer, then ask everyone to pray an honest one sentence prayer to God, leader close the prayer.