

A close-up photograph of two hands cupped together, holding a mound of dark, rich soil. The hands are weathered and have some soil on them. A semi-transparent white circle is overlaid in the center of the image, containing the text 'SOUL CARE' in a large, dark, cursive font, and 'LOVE YOURSELF' in a smaller, dark, sans-serif font below it.

SOUL CARE

LOVE YOURSELF



EVERY NATION
TAIPEI

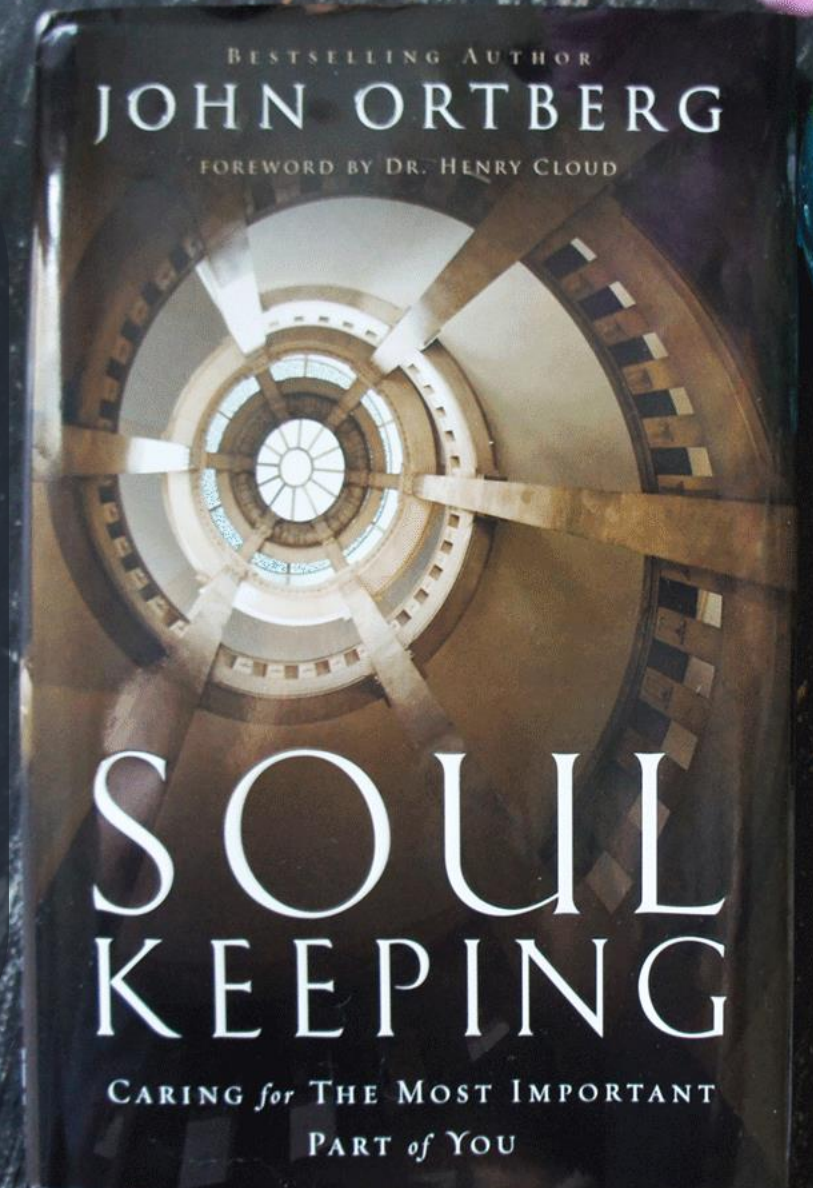


**The
Pinterest-Perfect
Soul**

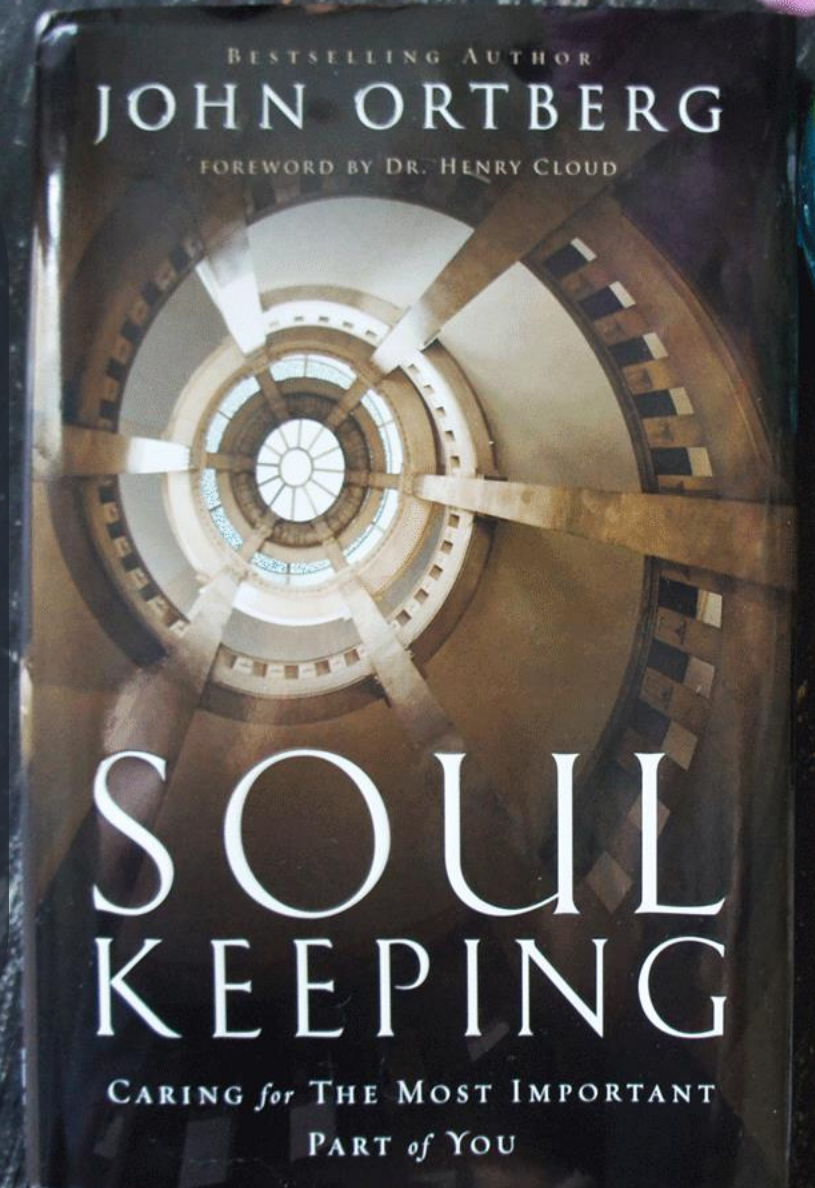
Beloved, I pray that all may go
well with you and that you may
be in good health, as it goes well
with your soul.

3 JOHN 1:2 (ESV)

“Our world has replaced the word soul with the word self, and they are not the same thing. The more we focus on ourselves, the more we neglect our souls...”



focus on my soul means to look at my life under the care and connection of God. To focus on myself apart from God means losing awareness of what matters most."



SELF CARE

VERSUS

SOUL CARE



SELF CARE

VERSUS

SOUL CARE

FOCUS: ME

PURPOSE: DISCONNECT TO RECHARGE,
RESTORE, RESET

RESULT: QUICK, TEMPORARY RESULTS;
USUALLY EXTERNAL

FOCUS: GOD, THE SOURCE

PURPOSE : CONNECT TO THE SOURCE OF ALL
THAT IS GOOD & BEAUTIFUL

RESULT : INTENTIONAL, MULTI-
DIMENSIONAL INTERNAL CHANGE



PERFECTIONISM



PERFECTIONISM

- the doctrine that the perfection of moral character constitutes a person's highest good
- a disposition to regard anything short of perfection as unacceptable



THREE TYPES
of
PERFECTIONISM



**SELF-ORIENTED
PERFECTIONIST**



**EXTERNALLY-
ORIENTED**



**OTHERS-
ORIENTED**

Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

GENESIS 3:7 (ESV)

THE CURE: **GRACE**



GRACE

Charis -- gracefulness, graciousness,
kindness, a favor
-- NT: freely given, undeserved,
unmerited, unearnable,
unrepayable favor



I am the vine; you are the
branches. Whoever abides in me
and I in him, he it is that bears
much fruit, for apart from me you
can do nothing.

JOHN 15:5 (ESV)

“ The most important thing in your life is not what you do; it's who you become. That's what you will take into eternity. You are an unceasing spiritual being with an eternal destiny in God's great universe.

SOUL KEEPING, JOHN ORTBERG

GOD, the Master, The Holy of Israel,
has this solemn counsel:

"Your salvation requires you to turn
back to me and stop your silly efforts to
save yourselves.

ISAIAH 30:15 (MSG)

Your strength will come from settling
down in complete dependence on
me— The very thing you've been
unwilling to do..

ISAIAH 30:15 (MSG)

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

2 CORINTHIANS 12:9 (ESV)

PERFECTIONISM

WHAT I DO

ABOUT ME

IF I OBEY, GOD WILL LOVE ME

WIN GOD'S APPROVAL

GRACE

WHAT JESUS HAS DONE

ABOUT JESUS

BECAUSE GOD LOVES ME, I CAN OBEY

LIVING FROM GOD'S APPROVAL

An aerial photograph of a crowd of people walking on a paved surface. The scene is captured from a high angle, showing the silhouettes of the individuals and their long, dark shadows cast across the ground. The shadows are elongated and point towards the upper left, suggesting a low sun position. In the center of the image, a black rectangular box with a white border contains the text "REMEMBER WHO YOU ARE" in white, bold, uppercase letters. The text is centered within the box and is the primary focus of the image. The background shows various people in different clothing, some walking in groups and others alone, creating a sense of a busy, public space.

**REMEMBER WHO
YOU ARE**

An aerial photograph of a crowd of people walking on a paved surface. The scene is characterized by long, dark shadows cast by the individuals, suggesting a low sun position. A prominent white rectangular box with a black border is centered in the image, containing the text "REMEMBER WHOSE YOU ARE" in white, bold, uppercase letters. The people in the crowd are seen from above, some wearing backpacks and casual clothing. The overall composition is symmetrical and emphasizes the individual within the group.

**REMEMBER WHOSE
YOU ARE**

An aerial photograph of a busy street. The scene is captured from a high angle, showing the pavement and the long, dark shadows of people walking. The shadows are cast in a consistent direction, suggesting a low sun position. Several individuals are visible, some walking alone and others in small groups. The overall atmosphere is one of a crowded, active public space.

**FIND TRUE REST
IN GOD ALONE**

The Lord is my shepherd; I shall not want.
He makes me lie down in green pastures. He
leads me beside still waters.

PSALM 23:1-2 (ESV)

"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.

MATTHEW 11:28-30 (MSG)

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."

MATTHEW 11:28-30 (MSG)

'Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost.

ISAIAH 55

Why spend money on what is not bread
and your labor on what does not satisfy?
Listen, listen to me and eat what is good,
and [your soul] will delight in the richest of
fare.' And it will be satisfied."

ISAIAH 55



**CONFESS TO GOD
AND RECEIVE HIS GRACE**



**The
Pinterest-Perfect
Soul**