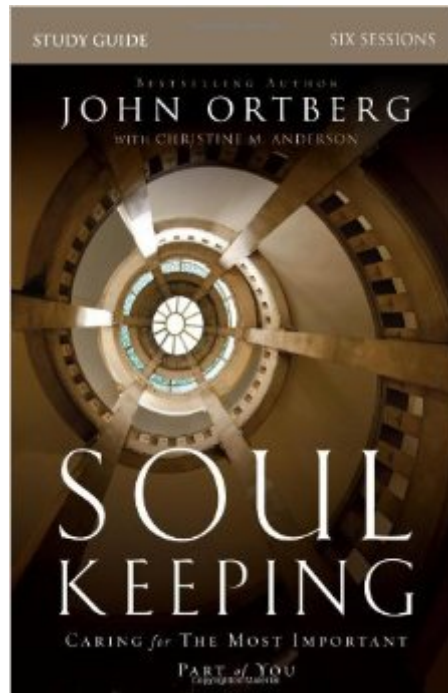


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# Soul Keeping Study Guide: Caring For The Most Important Part Of You



## Synopsis

In Soul Keeping, John Ortberg helps Christians rediscover their soul—the best connection to God there is—and find out why it's hurting and why neglecting it has set so many believers so far back spiritually. In this six-session, video-based small group Bible study, Ortberg shows that caring for your soul is necessary for your Christian life. John shows participants what your soul is, why it is important, how to assess your soul's health, and how to care for it so that we can have a meaningful and beautiful life with God and others. When you nurture your soul your life in this world will come to make sense again; you can find your way back to God from hopelessness, depression, relationship struggles, and a lack of fulfillment. Your soul's resting place is in God, and John Ortberg wants to take participants to that home. This study guide includes discussion questions, video notes, and in-between studies and is designed for use with the Soul Keeping DVD (sold separately). Sessions include: Filling the Hole in Your Soul Why God Made You With a Soul What's Your Soul Got To Do With It Finding Your Soul's True Home Empty Souls and Full Garages Why We Have a Soul, Brothers and Sisters

## Book Information

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## Customer Reviews

We are doing this series with our small group and love it! John Ortberg does an excellent job on DVD covering the specific topic of each chapter. We have found that the study guide requires us two meetings to cover the info. We usually watch the DVD twice as well. Lots of things to talk about in this book!

John Ortberg is totally transparent as he discusses the challenges we have with our souls and our connections to God. He clearly distinguishes the differences between the soul, mind, body and will. If you find that you are not at peace, that you struggle with your will not being strong enough, your mind deciding what you should be doing, and giving into the desires of the body, this book will engage and inspire you to deepen your soul connection to God. As John profoundly states in the book, your soul is the stream and you are the keeper of the stream. If the stream is clogged, it will not flow and you will not have the fresh water you need. This is a must read for anyone looking to deepen their walk with God and find the inner peace that few of us truly possess.

I'm using the Soul Keeping DVD and study guide in my adult Sunday school class and it has generated a great deal of discussion and introspection. This is a well thought-out study that probes around the choices that we make every day and why.

Have just wrapped up using this study and it is excellent. Have used and appreciated Ortberg's work before, but this is his best to date I believe. Ortberg is very transparent and vulnerable in the video and does some wonderful work helping us to understand how much of the unrest we experience in life has to do with the care and tending of our souls or lack thereof. Highly recommended.

great study .. very deep insight if that is what you are looking for. of course whenever you get Dallas Willard involved you can expect deep stuff .. our study group loved it and each section elicited much discussion

Whether you have a study group or just want a personal, transformational study get this book and DVD. You can download the individual episodes for \$2.99. I plan to go through this book with a few different study groups. It has helped years of bible study come to life for me.

A truly outstanding course for a small group or Sunday School Class.

Incredibly good!!! I highly recommend it.

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