

SOUL CARE INVENTORY

Spend a few minutes this week evaluating how well you are caring for your soul during the pandemic. When we use the term “Soul Care,” we are referring to your entire self – physical, spiritual, emotional – these are all parts of the complete person God created each of us to be.

Work through the following questions and consider how well you are taking care of yourself. Rate each question on a spectrum and notice your overall health. At the end of the questionnaire, set 2-4 goals to work on over the next few weeks. Share these goals with the friends you are connecting with during the PS118 series.

By the way, don't be too hard on yourself! These have been difficult days for everyone. Give yourself grace, and set a couple of goals for growth in the coming weeks.

HOW WELL ARE YOU TAKING CARE OF YOURSELF?

Getting enough sleep

1 Barely sleeping 2 3 4 5 Well rested

Staying active, exercise

1 Does walking to the fridge count? 2 3 4 5 I exercise daily

Spending time outdoors

1 Haven't left the house since March. 2 3 4 5 Plenty of sun and fresh air

Eating healthy

1 Living on junk food 2 3 4 5 Living on veggies

SPIRITUAL PRACTICES FOR SOUL CARE:

Connecting with God in prayer

1 Prayerless 2 3 4 5 Refreshing times of prayer

Meaningful times in God's Word

1 Neglecting God's Word 2 3 4 5 Feasting on God's Word

Staying in fellowship God's people

1 I feel alone 2 3 4 5 Sharing life with friends

Focus on God - worship

1 Rarely think of God 2 3 4 5 My mind is filled with thoughts of God

Choosing gratitude

1 I can't think of reason to be thankful 2 3 4 5 Thankful for everything

Showing generosity

1 Holding on to every cent 2 3 4 5 Looking for opportunities to bless people

Dealing with sin

1 Regularly giving in to temptation 2 3 4 5 Living in victory over sin

HOW EFFECTIVELY ARE YOU DEALING WITH:**Hurry**

1 I'm always in a hurry 2 3 4 5 Peaceful pace of life

Stress

1 Unhealthy stress level 2 3 4 5 Perfect stress level

Fear

1 Consumed by fear 2 3 4 5 Living with hope

Worry

1 I worry about too many things 2 3 4 5 I am filled with peace

IN LIGHT OF YOUR ANSWERS,**set a few (2-4) goals for soul care over the next few weeks:****1****2****3****4**