



The Titanic- The Largest Boat in the World- The Unsinkable ship.

Mr. Franklin of the White Star Line is quoted saying “We are perfectly satisfied that the Titanic is unsinkable. We are absolutely certain it can withstand any damage.”

What did the Titanic Hit?

Iceberg- Over 1500 passengers died

1/10th of iceberg visible

90% of an iceberg is below the water.

An iceberg represents our SOUL—As people we usually only focus on the 10% we can see, or that we see taking place. The 10% actually comes from the 90% that can't be seen.

The Soul

Psyche

5590 *psyxé* (from *psyxō*, "to breathe, blow" which is the root of the English words "psyche," "psychology") – *soul* (*psyche*); a

person's *distinct identity individual personality*.

-Lost your hand you will still be you...

5590 (*psyxē*) corresponds exactly to the OT **5315** /*phágō*("soul"). The *soul* is the direct aftermath of God breathing (blowing) His gift of life into a *person*, making them an *ensouled being*.

Genesis 2:7 “Then the Lord God formed the man from the dust of the ground. He breathed the breath of life into the man’s nostrils, and the man became a living being.”

“You don’t have a soul

You are a soul

You Have a Body”

Soul is made of different parts

Physical-Emotional-Intellectual
(mind)-Social-Spiritual

One is off effects the others.

IN Western Culture we divide up.

Example: Emotional Health-
Emotional Unhealthy-Spiritually
Unhealthy

If we ignore aspects of our soul it
will result in destructive
consequences.

Sometimes we aren't aware at first
what this is taking place in our
souls

Until we are like the Titanic and
realize a blowing crush with an
iceberg and realize something is
off in our soul.

We see this in the life of Moses.

Exodus 1-2:12

How did Moses come to the
point in his life where he kills
someone?

Was he overwhelmed with
anger?

Was this an out of control
snapshot into his soul?

What is taking place in his
soul?

This still isn't his Titanic
moment yet.

Exodus 2:13-15

CRASH- His titanic iceberg
moment...reveals fear, shame,

guilt of death, over what the
Hebrew men thought.

Something connects...seeing
his soul laid bare and he
flees...

What had been present under
the surface the 90% of the
iceberg now out in the open
through a murder...

Titanic moment and we see
our soul....Murder

For us this moment(s) might be
when we realize our soul isn't well.

Outbursts

Emotional Immaturity

Moral Failure

Habitual Sin

Blame Others

Passive Aggressive

Critical of Situations and others

Need of Power

Need of Control

Complain

Anxious
 Harmful thought life
 Have Dealt with Pain
 Cynical
 Depression
 Anger
 Fear
 Burnout
 Escape Life
 Idols
 Unforgiveness
 Bitterness

Fill in the blank _____

"From the book Emotionally Healthy Spirituality:"

Use God to Run from God: *When we do "God-activity"/ministry to avoid difficult areas in our lives that God wants to change.*

Ignore anger, sadness, and fear: *Many believe these are sins to avoid, we suppress these feeling rather than walking through them. We quote scripture and pray them away rather than walking through them.*

Deny the impact of the past on present life: *Our past if not dealt with can influence us in different ways in the present. Being new in Christ means we have Christ heal our broken past.*

Divide our life into sacred and secular: *Compartmentalizing things God does and does not care about. Dividing up Christian activities and non-Christian. Consequences of these thought patterns are detrimental to every aspect of life.*

Doing for God instead of being with God: *Getting things done is high priority in Western culture. Being with God is the highest calling of a Christian. Our souls are nourished when we are with God not just keeping busy for him.*

Spiritualizing away conflict: *Sweeping conflict under the rug and labeling it peacemaking. Not avoiding conflict rather walking through it.*

Covering over brokenness, weakness and failure: *We present ourselves as strong and spiritually altogether. Rather deep down we feeling guilty for not measuring up and not making the grade.*

Judge other people's spiritual journey: *If we are occupied by our own faults we have no time to see*

our neighbor. How we judge other's spiritual walks is a good indicator to where our soul is.

Back to Moses...

What was shaping and molding Moses soul...

Abandoned by his mother- although for the best reasons...how do you think he dealt with his mother giving him up?

Born into a culture that was highly unsafe for children especially young boys.

A Hebrew living in an Egyptian world? Feeling of belonging. Living in two worlds...

Living in a Pagan Culture- Upbringing?

Son of a Princess, he was groomed to lead--- high expectations, possibly scrutinized and evaluated.

An outsider amongst his own people and the Egyptians. Possibly he questions his identity.

Possibly created good coping mechanisms to help him stay safe and secure in his upbringing.

He "visited" his own people. Saw how they were treated He

snapped possibly, whole upbringing repressing his anger.

Never being taught how to handle it?

How did Moses soul ever get that way... ignored, unchecked, etc...

Never fully took a look at the full shape of his soul...looking at just 10% of his life....

How did our souls get shaped in our life?

Childhood- Family of Origin

The way you were raised: Gender Roles, Sexuality, Recreation, etc..

How you grew up

Cycles and Patterns – Negative

Positive-

Pastor Bryce Example

Task/Relational

Task based environment- School and Sports- Performance Based-

Not necessary bad... however

shaped my soul to be very tasked oriented which I can overlook relationships

Traumatic events

Abuse

Family Dysfunction

Abandonment

Isolation

Didn't learn to deal with certain situations: Pain, loss, etc...

Soul Wounds

Fill in the blank _____

As an adult

Traumatic Situations

Relational Issues

Dealing with life Issues

Chosen to respond to situations

Ongoing

What we watch

What we listen to

What we put our hands to

How we respond

Fill in the blank _____

Life to the fullest in the Kingdom is about a whole life!

We need to stay involved with our soul...look at the 90%

Exodus 2:15 When Moses arrived in Midian, he sat down beside a well.

Well—symbolic of his soul...

Moses has encounters with God that shapes his soul back into who God intended for Moses to be to Lead His people...

God has work to do in Moses soul to make him whole so he can be prepared and equipped to lead God's people...

Jesus heals our souls... and it is about our willingness to stay involved with our soul and he calls our Souls to be whole so we can live out our calling(s) to the fullest for God's Glory...

Where we are whole and our impact is greater and deeper

Our soul affects every area of our lives... high impact and blessing on others...

Exodus 3: ¹⁰ Now go, for I am sending you to Pharaoh. You must lead my people Israel out of Egypt.”

Over the next couple weeks, I want you to take a deep look at your soul....

Solitude, Prayer, Fasting, Reading the Word, Soaking in God’s Presence, Drawing into deeper relationship God

Answer two key questions.

What has shaped your soul?

What is shaping you soul?

Fruit Molds...day by day little by little fruit is shaped into what the mold has desired...and that’s what the fruit becomes...so what has shaped...and what is shaping...

Being called----as we live in our call...

Answering two key questions.

What has shaped your soul?

1.

2.

3.

What is shaping your soul?

1.

2.

3.

Resources:

Emotionally Healthy Spirituality – Peter Scazzero

Strengthening the Soul of Your Leadership- Ruth Haley Barton