

The Genesis of Soul Care

Question: What would your soul receive and experience under the care of Jesus?

MP: God's desire is not for you to just survive, but to thrive under the care of Jesus

There was a king who knew what it meant to shepherd and to suffer. His deep personal trust in God was shaped through both. He wasn't naïve about the pain of life—instead, he offered a mature reflection on what the soul experiences when one chooses to be shepherded by God.

Psalm 23:1-6

Jesus is the genesis of soul care

¹ The Lord is my shepherd; I shall not want.

- Jesus has authority over our life and the leadership to care for us
- We don't have to be in a position of wanting
- Jesus must be our Lord if we want to receive and experience His care

Nourishment and Rest

² He makes me lie down in green pastures. He leads me beside still waters.

- A worn-out soul is a hungry soul
- God has provided green pastures (Word) and the still waters (His Presence)
- Worn out heart and fast-paced world makes us feel that we can't take a break
- We can cast every anxiety and be still
- Broke and Hurt

Restoration and Guidance

³ He restores my soul. He leads me in paths of righteousness for his name's sake.

We've all experienced suffering in different forms—whether physical, emotional, financial, or spiritual. While the details of our struggles may vary, the reality of struggle is something we all share."

- You are not alone
- When we are cast down, He restores us gently
- We are creatures of habit and sometimes that can hinder our growth and progress.
- Jesus knows when and how to lead us out of our comfort into our growth.

Protection and Abundance

⁴ Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. ⁵ You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.

- Walking in the valley of the shadow of death is scary
- To lead us to better areas where the risk is real but is necessary
- He is with us in the valley to defend us, protect us, and guide us to a place of abundance at the table.
- High summer pasture where the shepherd would make the area safe even though there are threats.
- Abundant water and food where needs are exceeded.

Presence and Relationship

⁶ Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

- There is no desire to wander because His presence is my Home