

Soul Stewardship: Overcoming Soul Wounds,

Tim Russo M.A.



8-part series entitled "Soul Stewardship" can be found at: www.relationalimpact.com under podcasts.

Understanding the Soul

- The soul is not the body (Matt. 10:28)
- The soul is Separate from Your Spirit (Hebrews 4:12)
- The Hebrew and Greek terms translated "soul" are also translated heart, mind, life, and spirit.
- The soul can be in different conditions:

The soul can:	The soul can be:
<ul style="list-style-type: none">• Bless God (Genesis 27:25)• Rejoice (Psalms 35:9)• Be troubled (Psalms 88:3)• Be cast down and discouraged (Psalms 42:5)• Be vexed (Judges 16:16)• Be bitter (1 Samuel 1:10)• Be attracted to another (Genesis 34:3)• Be bonded to another (1 Samuel 18:1)	<ul style="list-style-type: none">• Tormented (Job 19:2)• Converted (Psalms 19:7)• Restored (Psalms 23:3)• Healed (Psalms 41:4) Opposite: Wounded• Satisfied (Psalms 63:5)• Comforted (Psalms 77:2)• Delighted or Pleasured (Proverbs 29:17)• Snared (Proverbs 22:24-25)• Delivered (Proverbs 23:13-14)• Guarded (Proverbs 22:5)

The Soul Before Christ (Ephesians 2:1-3; 2 Peter 2:14)

- Before we come to Christ, we live strictly out of our soul.
- We make decisions based upon the belief system we have developed.
- Many of these decisions are rooted in past hurt, soul wounds, emotional scars, trauma, etc.
- The soul is not only wounded, but in many cases hardened and rebellious.

Born Again and the Wounded Soul (2 Cor. 5:17; Romans 8:10-11)

- Your spirit, infused with the Spirit of God, is perfect and in perfect communion with God.
- Your soul needs to be sanctified (cleansed, changed, transformed) .
- There is now a battle between the flesh (the old, carnal mind: soul) and the Spirit of God.

Sanctification is Cleansing and Healing (Rom. 8:29; James 1:21)

The Holy Spirit is in the process of cleansing us of dead works and destructive choices. He is conforming us to the image of Christ.

Treatment of your Soul

Our souls are wounded in at least two ways:

1. We are wounded by others (1Cor. 8:12; Mark 9:42)
2. We wound ourselves (Pr. 8:36; 15:32)

Proverbs 11:17 - *The merciful man does good for his own soul, but he who is cruel troubles his own flesh.*

Soul Stewardship (Rom. 12:2; Eph. 4:20-24)

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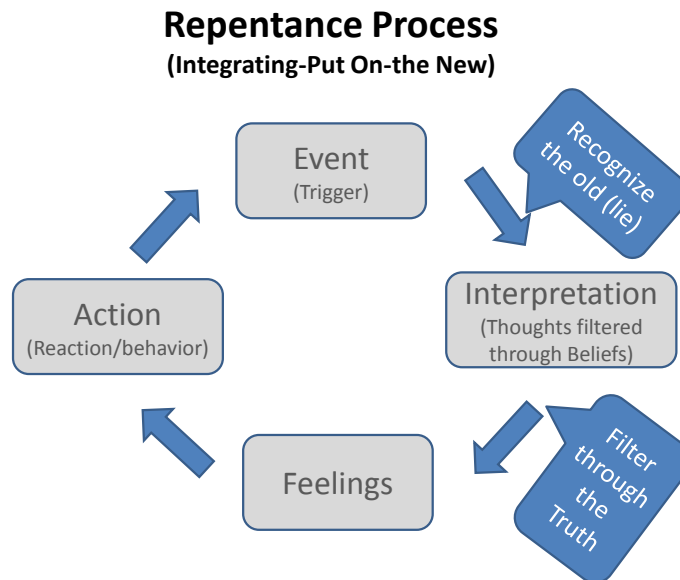
- Soul Stewardship is taking responsibility for the condition of your soul.
- A wounded soul doesn't get better by itself (regardless of age)
- God's Word is food (life) for the soul.
- Old lies must be confronted with the Truth

The Transformation Process involves three phases (Eph. 4:20-24).

- 1) The old must be put off (this implies an awareness)
- 2) Your mind must be renewed (to the Truth)
- 3) The new must be put on

- Repentance is turning around—making an about-face.

This diagram explains the process:



Soul Budget Worksheet

- An *Income Source* is something that adds to you (encourages, builds up, benefits).
- A *Necessary Expense* is something you cannot get rid of; it requires resources, but is necessary.
- An *Unnecessary Expense* is something that you cannot afford; it depletes your resources unnecessarily.
- Debt is an unresolved issue from the past that still requires current resources.
- An *Investment* is something you do to serve others.

Soul Stewardship Budgeting Worksheet

**CURRENT
Income Sources:**

Spiritual

Social and Relational

Emotional

Other

Necessary Expenses:

Unnecessary Expenses:

ADDITIONS

Income Sources:

Spiritual

Social and Relational

Emotional

Other

Debts (Acknowledged):

Debts (Unaddressed/unresolved):

Investments:
