

## SOUL HEALTH PLAN

*www.ministryoasis.com*

**(Examples and explanation attached)**

Year: \_\_\_\_\_

Name: \_\_\_\_\_

**Soul Goal:** *Take time to sit quietly in prayer with the Holy Spirit to collaborate on a statement regarding the big broad goal of this Soul Health Plan...Be specific and clear...No wrong answers...*

**Soul Word:** *Ask the Holy Spirit to give you one word that you could anchor your Plan Goal in. A word you could use as a breath prayer in meditation often.*

**Soul Exercises:** *May involve all or just one of the following time-sensitive modes...suggestions follow below.*

*Daily:*

*Weekly:*

*Monthly:*

*Annually:*

**Personal Practices:** *May involve all or just one of the following time-sensitive modes...Personal Practices\* are explained below on Pg. 6.*

*Daily:*

*Weekly: (Make sure you include a Sabbath)*

*Monthly:*

*Annually:*

## EXAMPLE 1

### Soul Health Plan

**Soul Goal:** *To cultivate a non-anxious, un-self-conscious presence where people feel refreshed in my presence as I only look to God for my metric of success, secure in His love alone.*

**Soul Word:** *Safe.* Because I am God's beloved, I am perfectly safe in God's universe.

#### **Soul Exercises:**

***Daily:*** Prayer of Awaken and Examen (see below for explanation), breathe Soul Word in prayer all day

***Weekly:*** Increase biblical & classic prayer memorization (ex. Lord's Prayer, Glory Be, Valley of Vision, etc.)

***Monthly:*** Silence (see below for explanation)

***Annually:*** Attend a guided retreat

#### **Personal Practices:**

***Daily:*** To ruthlessly eradicate all negative, cynical, deceptive, draining people, thought patterns, behaviors, and circumstances from my life. Also, to give someone my undivided attention and be very generous with affirmation. To tell someone directly and emphatically I love them every day.

***Weekly:*** Sabbath Thursday sundown until Friday sundown

***Monthly:*** Directly challenge someone who is negative, cynical, deceptive, or draining to repent. To be more courageous in my exhortation.

***Annually:*** Visit the National Museum of Art for a day of reflection

## **EXAMPLE 2**

### **Soul Health Plan**

**Soul Goal:** *To live an increasingly open life to God, self and others.*

**Soul Word:** *Openness.* Openness as I understand it from the Holy Spirit is to nurture a holistically open sense of life. Be available to changing circumstances by flowing adaptively with a welcoming attitude, adjusting with peace and trust in God. Confident that because I love God with all my heart, mind and body I am the safest person in the universe. Furthermore, living open to new people and experiences enthusiastically.

#### **Soul Exercises:**

***Daily:*** Prayer of Awaken by breathing the Our Father & Psalm 23. Prayer of Examen by breathing a Psalm 4:8 “In peace I will lie down and sleep, for you alone, O Lord, will keep me safe.”

***Weekly:*** Practice Sabbath in a more intentional way.

***Monthly:*** Fast a full day per month to make sure nothing captures my imagination and affection more than God.

#### **Personal Practices:**

***Daily:*** Work to memorize Psalm 42 as a breath prayer.

***Weekly:*** Become increasingly more interested in new experiences and people. Become hypervigilant to opportunities for openness.

#### **Sabbath:**

***Weekly:*** Sundown Thursday to sundown Friday

***Quarterly:*** Getting away for two full days for rest and fun with LaDon

***Annually:*** Spend time on a guided retreat.

# Madilyn's Soul Health Plan

**GOAL:** TO LIVE A SUSTAINABLE, INCREASINGLY ENJOYABLE, AND LOVING LIFE TO GOD, MYSELF AND OTHERS

**SOUL WORD:** REST

## SOUL EXERCISES:

- **DAILY: DWELLING** IN THE PRESENCE OF GOD; DAILY **DISTRACTION**; FOUR DAYS A WEEK GOING TO **BED** AT 10:30PM; **EAT** A VEGETABLE EVERYDAY.
- **WEEKLY:** HAVING A **SABBATH**; DURING SABBATH HAVING UNLIMITED WITH THE LORD; **JOURNALING** AT LEAST ONCE A WEEK (CAN BE MORE); GO ON A **WALK**; **PRAYER** TIME WITH MY TWIN/FAMILY.
- **MONTHLY:** DOING SOMETHING **NEW**; SPEND A FULL DAY **AWAY FROM MY PHONE** AND SPENDING THAT ADDITIONAL TIME DWELLING IN GODS PRESENCE; EVALUATE IF **WRITING** A LETTER WOULD BE RESTFUL.
- **ANNUALLY:** I WILL MAKE AN INVESTMENT IN ENGAGING WITH LONG DISTANCE FRIENDS IN A SPIRITUAL GET AWAY; THIS WILL INCLUDE A TIME OF PERSONAL SILENCE, AND COMMUNAL/ INDIVIDUAL REFRESHMENT.

## REFLECTIONS

**DAILY:** REFLECT ON PSALM 91 AND WORK TO MEMORIZE IT

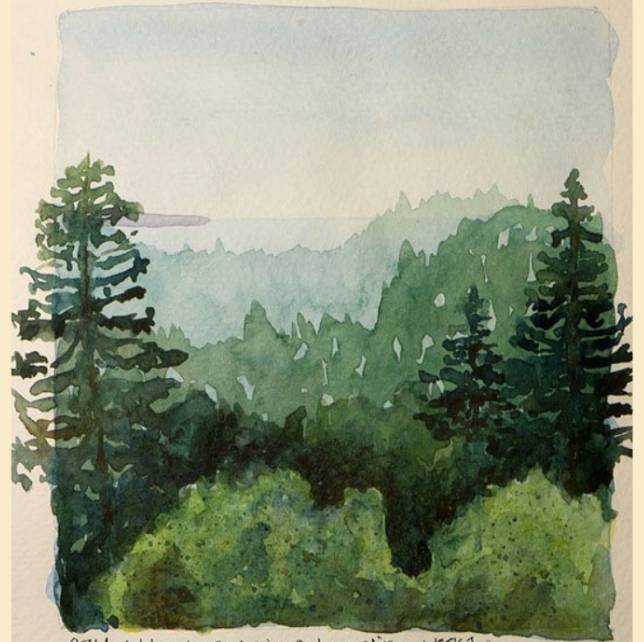
**WEEKLY:** I WILL REFLECT ON GODS HAND IN MY FAMILY/FRIENDS, MINISTRY AND PERSONAL LIFE (DURING MY SABBATH).

**MONTHLY:** I WILL ASK THE LORD FOR FRESH VISION IN MY MINISTRYS AND LIFE.

## SABBATH PRACTICES

SABBATH WILL BEGIN ON FRIDAY AT SUNDOWN UNTIL SATURDAY AT SUNDOWN. I WILL DO ONLY 'RESTFUL', ENJOYABLE THINGS. I WILL ALSO HAVE UNLIMITED TIME IN PRAYER AND DWELLING WITH GOD. ON FRIDAY, I WILL INCLUDE AN ENJOYABLE MEAL OR TREAT. HONORING GODS 4TH COMMANDMENT.

2023



9.7.14 Watercolor Sketching & Journaling week 1  
Demo by Gay Krueger  
Stathmore Online



For more info related to SHP's: <https://www.ministryoasis.com/resources>

## Soul Health Plan (SHP) Explanation

**For a video explanation of why we need an SHP, click here:** <https://youtu.be/y4pCkDYopnA>

The SHP is meant to be easily accessible to anyone at any stage of their Christian experience. It is not intended to serve as a classic Rule of Life (Regula Vitae) in the Spiritual Formation tradition. Instead, it is designed to serve as an introduction to the more comprehensive traditional Rule of Life.

Like you would make a plan for anything, just make a plan using the worksheet above to plan for your soul health. ***If you fail to plan for your soul, you plan to fail your soul.*** Make a plan today!

## Sabbath

Rest is rooted in the creation story and the Decalog (4<sup>th</sup> Commandment, Deuteronomy 5:12-15). Rest is holy to the Lord. Sabbath is not a day off or vacation; it is holy and to be a unique day in our week. The following S's will help you keep this special day holy, a sanctuary in time.

- The S's of Sacred Sabbath:
  - **Supply** - in advance, supply the Sabbath with everything you need to make it rich. Secure food, tickets, gas, plans, etc., so you're free to rest. Get time-sensitive work done to supply margin to relax without worry.
  - **Stop** - cease all regular paid and unpaid work.
  - **Settle** - after the hard stop of work, front load your Sabbath with exercises that give permission to settle all insecurities about work and trust God to have your back while you disconnect from work.
  - **Savor** - soak in only beauty, joy, peace, love, fun, really savor the good. Only engage in activities that are restorative to your body and soul.
  - **Synchronize** - recognize that seeking to gain the world will distance your soul from God, the giver of life. Repent and synchronize your heart with God's love for you, his sovereignty, and providence.

Visit <https://www.ministryoasis.com/resources> for more resources on Sabbath.

## Prayer of Awaken & Examen

The prayers of Awaken and Examen is an ancient way to bookend your day. It will take some conditioning to develop the soul habit of awakening to the Lord's presence and then examining your day in the Lord's presence each night. I recommend you simply use for the morning Awaken Psalm 19:14 "Lord, **may** the words of my mouth and the meditations of my heart be acceptable in Thy sight, my Lord and my redeemer." Then for the evening Examen, alter the verse slightly, "Lord, **have** the words of my mouth today and the meditations of my heart been acceptable in your sight?" Then reflect on your day in the Spirit.

## **\*Personal Practices**

Personal Practices are different than Soul Exercises in that they are tailored to you and your life which will not likely resonate with anyone else. They are specific actions that you establish at the direction of the Spirit for specific reasons in your current life stage and or personality. For instance, imagine your father never said "I love you" to you and the Spirit brought this to your attention and the potential implications it has had. Perhaps this resulted in you not saying "I love you" to him or others. Therefore, a personal practice born of reflection in the Spirit may be to say "I love you" to all whom the Lord directs you to. Another possible personal practice could be to try new things, like Thai food, gardening, dancing, exercise, art, reading someone who disagrees with you, etc. The Spirit may identify a past trauma or offenses you experienced and give you specific practices like counseling, grief work, letter writing, donating money, etc. related to the trauma or offense. There are no rules for personal practices, except that you open yourself to having some.

Dallas Willard established a Spirit lead personal practice one year that was for him to never have the last word, letting the other have the last word. This is very personal and unique to the individual.

## **Contemporary Soul Exercises**

- Media Fast: Denying ourselves all or some media to spend that attention on God's presence.
- Praying for the success of our competitors: Sit in God's presence and invite the Holy Spirit to show you who your competitors are. Be open to hearing what you don't want to hear.
- A day without guile: Attempt to live one whole day, not angling every situation or conversation for your benefit.
- A day without talking negatively about others: Only speak about others in positive language. Don't even report information that could be interpreted negatively.
- An afternoon of silence at an art gallery or in nature.
- Sleep: Commit to getting at least 8hrs of sleep per night.
- Practice hospitality: Invite people to your home that you would not usually think of inviting into your home and treat them very well.
- Play: Commit to playing a game once per week with no other agenda than having fun. Forget winning as a goal.
- Practice loving those we disagree with: Intentionally spend time with people you don't agree with and treat them with grace, preferring to listen to them with no judgment and only love.

The following are creative real-life Personal Practices were reported to me from everyday Christians. These street-level ideas will challenge your soul as new exercises at the gym would challenge your body. So, pick one or more and personalize them for yourself. **Have at it!**

- Fasting – No mints. I was addicted to wintergreen mints – eating 30 to 35 day easy. Constantly throughout the day, I wanted to eat mints. It took prayer to get through.
- I needed to renew my mind. I stopped watching the news. (Romans 12:2) I realized my mind was getting filled with useless stuff and causing me to think negatively.
- No radio. Drove in silence. Practiced praying and talking to the Lord while driving. (1 Thessalonians 5:16).

- I woke up every morning and said, "Holy holy holy is the Lord God Almighty Who was and is to come." Before starting my day. (Revelations 4:8). This helped me start my day off by talking to the Lord.
- Clean up my speech – I speak a lot of slang. So, I decided to clean it up and start saying "good morning" instead of "hey, what's up." This was a tough one, but I thought it was important for people to take me seriously.
- No sarcastic remarks – 1<sup>st</sup> day, 1<sup>st</sup> hour I realized I would have typically made about 12 smart comments! (Ephesians 4:29). By being sarcastic, I wasn't encouraging the folks I was speaking to. Also, sarcasm tends to annoy folks, not bless them.
- Stop recreational cussing – No cuss words, even joking around. Clean up what comes out of my mouth. (Ephesians 4:29)
- Listen more and speak less. Intentionally listen to people and not interrupt them. (Proverbs 21:23). I realized I talked more than listened, and often I would make a mistake as a result. Therefore, I began listening more and thinking before speaking or reacting.
- No complaining – (Philippians 2:14). By working on not being sarcastic and listening before speaking, I realized I complain a lot. So, I made it a point not to complain. My spouse noticed right away and quickly realized it was something I was working on.
- Read a book to help spiritual disciplines/prayer – ended up reading several. They go hand in hand with scripture reading.
- Start a reading group. I Read the book, *The Resolution for Men*. I got five guys to do it with me. We all signed resolutions.
- Live Romans 12 – My spouse and I spent the whole month practicing Romans 12. Being kind, not like the world, serve well, give generously, love others, work hard, etc.
- Memorize scripture – Romans 8. I got about ten others involved to do it as well.
- Read Bible daily – Invite someone to read with you for accountability.
- Make kind un-warranted gestures to others - Go over and above to do things for them (Ephesians 5:28)
- Take moments of silence – Take intentional quiet breaks throughout the day to refocus and reset. (Psalms 46:10). This helped my mind refresh. I speak with God, breathe and relax.
- Pray for work/school – My spouse/friend and I even went to my office/school every Sunday after church to pray over the building and everyone that worked there. (Luke 11:9)
- No video gaming M-F – Gaming occupied too much of my time, taking time from God and others.
- Use a prayer list – I prayed daily but began using an actual prayer list.

- Invite at least one person (un-churched) to Church each week – harder than it sounds, but it helped me learn to be open and look for opportunities to speak about Church and God.
- Practice being in two places at once – At work and with Jesus at the same time. I was speaking with someone and with Jesus etc. Everything I was doing, I just imagined Jesus was there. It changed how I spoke and how I conducted myself. Brother Lawrence like.

## Classic Soul Exercises

Foster, Richard J. 1998. *Celebration of Discipline: The Path to Spiritual Growth*. HarperCollins.

### Inward Exercises

Meditation- intentional focus of our attention on a particular attribute of God, or passage of scripture, in order to crowd out the world and be alone with God.

- **Psalm 19:14** (May the words of my mouth and the meditation of my heart be pleasing to you, O Lord, my rock and my redeemer)
- **Joshua 1:8** (Study this Book of Instruction continually. Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do)
- **Psalm 48:9** (O God, we meditate on your unfailing love as we worship in your Temple)
- **Psalm 104:34** (May all my thoughts be pleasing to him, for I rejoice in the Lord)
- **Palm 18:1-2** (I love you, Lord; you are my strength. The Lord is my rock, my fortress, and my Savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety)
- **Psalm 145:5** (I will meditate on your majestic, glorious splendor and your wonderful miracles)

Prayer- is God's chosen method of access into His presence, where we encounter Him relationally and are comforted, directed, and strengthened.

- **Matthew 6:6-13** (But when you pray, go away by yourself)
- **1<sup>st</sup> Chronicles 5:20** (They cried out to God during the battle, and he answered their prayer because they trusted in him)
- **2<sup>nd</sup> Chronicles 6:40** (O my God, may your eyes be open and your ears attentive to all the prayers made to you in this place)
- **Nehemiah 1:11** (O Lord, please hear my prayer! Listen to the prayers of those of us who delight in honoring you)
- **Psalm 66:16-20** (For I cried out to him for help, praising him as I spoke)
- **Psalm 69:13** (But I keep praying to you, Lord)
- **116** (he hears my voice...so I walk in the Lord's presence)
- **11:1-13** (And so I tell you, keep on asking)
- **Matthew 18:20** (For where two or three gather as my followers, I am there among them)
- **James 5:16** (pray for each other)

Fasting- is intentionally denying and or controlling physical needs or desires to increase spiritual strength and sensitivity.



- **2<sup>nd</sup> Chronicles 20:3-4** (Jehoshaphat was terrified...he ordered everyone in Judah to begin fasting)
- **Psalms 58** (You are fasting to please yourselves; this is the kind of fasting I want...feed the hungry and help those in trouble)
- **Daniel 9** (So I turned to the Lord God and pleaded with him in prayer and fasting)
- **Joel 1:14** (Announce a time of fasting; call the people together for a solemn meeting. Bring the leaders and all the people of the land into the Temple of the Lord your God, and cry out to him there)
- **Matthew 6:16-18** (And your Father, who sees everything, will reward you)
- **Acts 13:2-3** (One day as these men were worshiping the Lord and fasting, the Holy Spirit said)
- **Acts 14:23** (Paul and Barnabas also appointed elders in every Church. With prayer and fasting, they turned the elders over to the care of the Lord, in whom they had put their trust)

Study- is a means of knowing God by studiously learning His truths and identifying His priorities through the in-depth study of scripture. This means dedicating an extended period of time (several hours) to the study of scripture with the assistance of commentaries, concordances, and lexical aids.

- **2<sup>nd</sup> Timothy 3:16-17** (All scripture inspired by God and is useful to teach us what is true)
- **Psalms 119:9-18** (I will delight in your decrees and not forget your word)
- **Deuteronomy 11:18-20** (So commit yourselves wholeheartedly to these words of mine)
- **Psalms 1:2-3** (But they delight in the law of the Lord, meditating on it day and night)
- **Joshua 1:8-9** (*Study this book of instruction continually. Meditate on it day and night*)
- **Ezra 7:8-10** (Ezra was determined to study and obey the law of the Lord)
- **Matthew 4:4** (by every word that comes from the mouth of God)

Secret Service- Where one serves another in anonymity.

- **1<sup>st</sup> Corinthians 16:15-16** (they are spending their lives in service to God's people)
- **Luke 6:27-31** (Do to others as you would like them to do to you)
- **Ruth 2:8-16** (pull out some heads of barley from the bundles and drop them on purpose for her)
- **Luke 10: 30- 35** (Care for this man. If his bill runs higher than this, I'll pay you the next time)
- **1<sup>st</sup> Timothy 5:25** (good deeds done in secret will someday come to light)

## Outward Exercises

Simplicity- is intentionally developing habits of living designed to produce freedom from worldly values regarding material things. It is practicing contentment with what we have by simplifying our life.

- **1<sup>st</sup> Timothy 6:6** (Yet true godliness with contentment is itself great wealth)
- **Philippians 4:11-12** (I have learned how to be content)
- **Hebrews 13:5-6** (be content)
- **Exodus 20:17** (You must not covet)

Silence & Solitude- Solitude is the intentional act of withdrawing from the presence of others, to be in the presence of God in an undistracted way. Adding silence to solitude conditions oneself to listen for God's voice in an expectant and positive manner. This combination discipline is intended to discern direction from the Holy Spirit specifically or in general.

- **Psalm 46:10** (be still and know I am the Lord)
- **Psalm 38:15** ("I wait for you God")
- **Matthew 6:6** (when you pray, go away by yourself)
- **Matthew 14:13** (to be alone)
- **Matthew 26:36-38** (He went on a little farther and bowed with his face to the ground)
- **Psalm 91:1** (in the shelter of the Most High will find rest in the shadow of the almighty)

Submission- is the deliberate act of placing oneself under the authority of another, as an act of obedience and humility.

- **1<sup>st</sup> Samuel 15:22** (submission is better than offering)
- **Ephesians 5:21-24** (submit to one another out of reverence for Christ)
- **2<sup>nd</sup> Chronicles 30:6-9** (submit yourselves to the Lord)
- **Romans 13:1** (submit to authorities)
- **Hebrews 12:9** (submit to our heavenly Father)
- **1<sup>st</sup> Peter 5:5-6** (dress yourselves in humility)

Service- This involves doing things one would not normally do in the service of others rather than serving myself.

- **1<sup>st</sup> Peter 4:10** (serve one another)
- **Romans 12:7** (If your gift is serving others, serve them well)
- **Genesis 18:1-3** (He ran to meet them and welcomed them, bowing low to the ground)
- **1<sup>st</sup> Samuel 25 :23-41** (I your servant would be happy to marry David. I would even be willing to become a slave washing the feet of his servants)
- **Luke 7:44** (She washed Jesus feet with her tears and hair)
- **John 13:1-14** (Jesus wash his disciple's feet)

Giving- Is the intentional act of obedience that subordinates the treasures of this world to the treasure of knowing Jesus. Furthermore, it is intentionally demonstrating to the world through regular giving of time, service, and money that one's priorities are on God and His Kingdom rather than on self and the kingdom of this world.

- **2<sup>nd</sup> Corinthians 9:7** (God loves a cheerful giver)
- **Luke 11:37-41** (give to the poor)
- **Luke 21:1-4.** (widow has given more)
- **James 2:14-17** (Faith...produces good deeds)
- **Matthew 25:31-40** (When you did it to one of the least of these my brothers and sisters you were doing it to me)

## Corporate Exercises

Confession- The ritual practice of leaving your burdens at the foot of the cross. It is deliberately telling a trusted friend or advisor your deepest fears or greatest failures in confidence.

- **1<sup>st</sup> John 1:9** (If we confess our sins to him, he is faithful and just to forgive)
- **James 5:16** (Confess your sins to each other)
- **Nehemiah 9:1-2** (people confessed their sins)
- **Psalms 32:5** (I will confess my rebellion)
- **Galatians 6:1-3** (share each other's burdens)

Worship- begins with proper knowledge of God, and a dependent relational experience with Him. It is proclaiming through our Spirit, an agreement with the Holy Spirit that the loving greatness of God holds us spellbound in awe and wonder of God's greatness.

- **Exodus 34:14** (you must not worship other gods)
- **Psalms 139** (O Lord you have examined my heart and know everything about me)
- **1<sup>st</sup> Timothy 2:8** (Holy Hands lifted up to God)
- **2<sup>nd</sup> Chronicles 20:18** (face to the ground...all the people did the same worshipping the Lord)
- **John 9:31** (God hear those who worship him)
- **Psalms 95** (sing to the Lord)
- **John 4:21-26** (Worship in Spirit and in truth)

Guidance- takes place on different levels and through various agencies. Agencies such as scripture, reason, circumstances, friends, pastors, coaches, and mentors – all of which are filtered through spiritual discernment as promptings of the Spirit.

- **Proverbs 11:14** (*without wise leadership a nation falls*)
- **1<sup>st</sup> Samuel 8:6** (*went to the Lord for guidance*)
- **James 1:5** (If you need wisdom ask God)
- **Psalms 119:105** (Your word is a lamp to my feet)
- **Proverbs 16:3** (Commit to the Lord whatever you do and your plans will succeed)
- **John 16:13** (When the Spirit of truth comes he will guide you)

Celebration- An intentional choice to find God everywhere and in everything with joy and gladness.

- **Psalms 150:1-6** (*Praise God*)
- **Psalms 68:3** (let the godly rejoice to be glad in God's presence)
- **Joel 2:23** (rejoice for the rain he sends demonstrates his faithfulness)
- **James 1:2** (when trouble of any kind come your way, consider it an opportunity for great joy)
- **Romans 12:12** (Rejoice in our confident hope)
- **Nehemiah 8:10** (Do not grieve for the joy of the Lord is your strength)
- **Psalms 150** (praise the Lord for his mighty works and unequal greatness)