



Discovering Soul Care (Soul Care Resources)

Mindy Caliguire

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If we look at the spiritual life through the lens of a marathon, we will discover that many of us are nearing exhaustion. We may not be on the sidelines or stumbling noticeably, but we are dangerously low on reserves, running on fumes. We aren't sure that we've got what it takes to get to the end of the race.

If you identify with the image of a fainting runner, then this book will come as refreshing water for your thirsty soul. You have been running hard, and you've run a long way. But the end is nowhere in sight, and it may be uphill from here. You are going to need some resources to get you there.

Soul Care Resources are designed to be simple, but not simplistic, guides to maintaining or recovering the life and health of your soul, that essential personhood created by God as *you*. To do that, we'll do assessments to discern the current health of your soul. We'll reflect on the reasons why your soul's health matters so much. Finally, we'll explore practical ways to restore life and vitality to your soul through authentic connection with God as Father, Son and Spirit--one step at a time.

There are four sections in this guide divided into five subparts. You can go through a part each day, covering the whole book in the course of four weeks. The material is flexible if you want to work in longer or shorter chunks of time. At the end of each section is group discussion material that you can use if you are meeting with a small group or a spiritual friend.

Also available in the Soul Care Resources series is *Spiritual Friendship*. This guide will allow you to explore specific ways to care for your soul in companionship with others.

Are you ready to recover your reserves?

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