

Soul Mapping Exercise

Several times during your Altar retreat, we posed the question, “How can I more fully reflect the glory of God in and through my life?”

You likely had several answers to that question encompassing several areas of your life. The one area we would like you to consider today is the overall health of your SOUL. You may have the best intentions in the world, but if your soul is not healthy, then you may fall short.

“What is running your life at any given moment is your soul. Not external circumstances, not your thoughts, not your intentions, not your feelings, but your soul.

The soul is that aspect of your whole being that correlates, integrates, and enlivens everything going on in the various dimensions of the self. The soul is the life center of human beings.”

–Dallas Willard

Ireneus (130-202 AD) said,

“The soul is always forming, the question is, into what?”

Think about that. Your life and soul (like a river) is not static, it flows and as it flows, it changes due to rain, storms, periods of drought, input from tributaries, and more. You are continually growing, shrinking, changing, forming. How intentional are you with caring for your soul and reading the waters of your soul to move with intentionality and purpose (like we did fly fishing on the river)?

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Go to the first appendix, Soul Maps, in your guidebook and follow the instructions.

(Click **HERE** to print a fresh list of Soul Maps.)

What intentional steps will you take in 1-2 areas of your soul to gain greater health—which will help you reflect God’s glory more fully?

Note: This exercise can be done once per quarter. Take notice of what words/desires repeat themselves. What has changed? As you do this over the course of a year, you may see a narrative of the soul develop. The question then is, is this the narrative I desire to live or do I need to be more intentional in one more area?

- *Soul Maps adapted and used with permission from Steve Smith and the Potter’s Inn resources.*