



Part 1: Start With Your Soul

Introduction:

Relationships are complicated. But we do have some “love handles” that will have a positive impact on our relationships and set us up for long-lasting success. The first love handle is about your soul — when your soul is good, your relationships are good. What does it mean for your soul to be good and how does that impact your relationships for the better?

Notable Quote: "The best thing you can bring to a relationship is the healthiest version of you."

Let's Talk About It

- What's your biggest ick?
- What do you think about the idea that if our soul is good, our relationships are good? Have you seen evidence of this in your life?
- How do you define 'soul'?
- Read Mark 8:36-37. If Jesus says that our soul is the most valuable part of us, how would you rate your soul on a scale of 1-5?
 - Why did you choose the rating you chose?
- What are some things that you look at to help you determine the health of your soul?
- Is his book *How's Your Soul?* Judah Smith provides for things we can do to develop and nurture our soul: rest, responsibility, boundaries and relationships.
 - Which one of these four is going well for you? What do you do for it to go well?
 - Which one of these four needs the most work?
- If you were to be asked the question: 'How's your soul?' In six months time, what do you hope has changed?

This Week

Which of the four soul needs (rest, responsibility, boundaries, relationship) do you feel already feeds your soul? Which of the four do you feel you need more of in your life? What is one thing you can do to take care of your soul today that would also improve a relationship in your life?