**SOUL KEEPING – *a journey toward spiritual wholeness***

*“My little children. . .I am again in the pain of childbirth until Christ is formed in you.”*

The Apostle Paul (Galatians 4:19)

We want to invite you to join us on a journey about which we are, personally, very excited. It is a journey through another world.

Pastor/author John Ortberg observes that when we think about how our life is going most of us think about how we’re doing in the outer world, the world of reputation, of appearances, of success measured by “things.” We’re quite used to this world: it’s familiar territory for us.

However, there’s another world: interior and private. “It is,” says Ortberg, largely “unseen and unknown.” It can be chaotic, dark, and disordered. Or, it can be a place of great peace and purpose. This is the world of the human soul. This is the world we will explore over 6 Wednesdays beginning on January 15th and continuing up to Lent as we study and share in Ortberg’s powerful book and DVD curriculum, Soul Keeping.

Soul keeping is important work: perhaps THE most important work of the human experience. When we were kids many of us prayed, “Now I lay me down to sleep. I pray the Lord my soul to keep.” *What did that mean? What were we asking for? What, exactly, is the human soul?*

Jesus tells us that our soul is the seat of real life. From a biblical perspective, our soul can be seen as the aspect of our self-hood which *integrates* the whole of our being – will, mind, and body. It is the aspect of our humanness which maintains and directs our interior life. In Soul Keeping, John Ortberg gives us real and vital tools to allow us to cultivate that life with the same energy and devotion we more commonly dedicate to our outward, physical, presence.

The late soul traveler Dallas Willard marked out our goal: “You must arrange your days so that you are experiencing total contentment, joy and confidence in your everyday life with God – *that*, and *that alone*, is what makes a soul healthy.”

We have seen such a soul in Jesus, who is ever and always guide and companion on our human journey. So, consider this an invitation to join us in “arranging our days” over the next 6 weeks to focus on some soul keeping as we open ourselves to allow Christ to be more fully formed within each of us. We promise, this is an adventure to remember.

We will meet in our Fellowship Center for “Soul Keeping” on Wednesdays r for class from 6-7pm Copies of the book Soul Keeping are available for $15/ea. at the church office.

May the Lord guide us to new worlds of faith,

Pastors Bill Good and Bob Simmons