

Soul Care 101

Spiritual Conversations by the Crackling Fire

Core Questions: Am I Safe? Do I Belong?

Study Guide:

1. As Steve and Gwen discussed “Am I safe?” what stirs in you as you sit with this question?

2. What makes a safe person? (Think of qualities, attributes and personalities.)

3. When you sense a fear of being condemned, judged, shamed or criticized, what really happens inside you?

4. How would you define your own image of God?

How have you seen your own image of God change, develop, or mature through the years?

5. Gwen shared that a key to being a safe person is to listen. What does it mean and look like to really listen well to someone?

6. How have you experienced the need to belong in your life? (Think of teams, churches, clubs, organizations, neighborhoods).

7. Read Mark 3:14. Jesus expressed his desire to be “with” the disciples. What do you think being “with” the disciples looked like?

8. What would it look like to be in a safe community, small group, etc?

Suggested Reading:

Embracing Soul Care by Stephen W. Smith. Answer the three questions at the end of Chapter 64.

Soul Custody by Stephen W. Smith. Work through the questions at the end of Chapter 10.

The Jesus Life by Stephen W. Smith. Work through the questions at the end of chapter 7.