

How's your soul? Part 1

Summary

How is your soul? How are you - the real you? Not the facade you. How are you internally and externally? 2020 put a strain on every area possible and while how we're doing within those areas are important, how are you beneath those things? If every external thing were ripped away, are you truly okay. Is your soul okay?

There is a Latin phrase that translates to '*to be or to be seen as.*' This phrase encapsulates the reality that most of us are comfortable with being '*seen as*' rather than simply '*being.*' What is meant by this is we have constructed a facade that others are familiar with but it's not who we truly are. We feel as if we can't share who we truly are because we don't love who we are. As a result, we create a person that we can be seen as who will be accepted, appreciated, and worthy of relationships.

When studying this Latin phrase in greater detail, we see that it's trying to encourage us to no longer be comfortable with just *being seen as someone we're not* but to truly *be* who we are. This is easier said than done because to *be who we truly are*, we would have to be willing to share our insecurities, failures, and struggles. In today's society, we don't always feel safe sharing details like that. In today's sermon, we learn that Jesus is a safe place for our bruised and battered souls.

Luke 4:1-12

When Jesus was full of and led by the Spirit, He was led into the wilderness. We quickly learn from this passage of scripture that Jesus resisted every temptation Satan used against him. Jesus did for us what we could never do for ourselves. Maybe God desires for us to be out in the wilderness so that we recognize our need for Him - day by day, step by step, moment by moment.

One of the temptations that Satan whispers into our ears is that we can overcome our struggles alone. Satan tries to separate us from God and His people to say that we can handle it alone. Then along the way, he distracts us with every other thing that we think is more valuable or equally valuable to our relationship with God. He does anything that will rob us of our joy and affections of Christ - even good things.

Today's three observations

1. Jesus shows us that nothing will keep Him from perfectly obeying the Will of God.
2. Jesus teaches us to be completely reliant and dependant on God the father
3. Because Jesus perfectly obeyed God, we see that He is a perfect place for us to bring our bruised and battered soul.

Further reading

Ecclesiastes 7:6

Hebrews 4:14-16

Questions for further study

How is your soul?

What is the facade you put on and why do you think you put it on?

What does it mean to you to *be* rather than to *be seen as*?

What has Satan been tempting you with lately?