



Soul-Care IS Self-Care: **Soul Transformation** *Tom Deviney*



The Holy Scripture containeth all things necessary to salvation; so that whatsoever is not read therein, nor may be proved thereby, is not to be required of any man it should be believed as an article of faith, or be thought requisite to salvation."

***Article V
Articles of Religion
of the Methodist Church***



Deuteronomy 6:4–9 *The Message Bible*

Attention, Israel! God, our God! God the one and only! Love God, your God, with your whole heart: love him with all that's in you, love him with all you've got! Write these commandments that I've given you today on your hearts. Get them inside of you and then get them inside your children.



**talk about them wherever you are,
sitting at home or walking in the street;
talk about them from the time you get up
in the morning to when you fall into bed
at night. Tie them on your hands and
foreheads as a reminder; inscribe them
on the doorposts of your homes and on
your city gates.**



psalm 1:1–3 *The Message Bible*

How well God must like you – you don't hang out at Sin Saloon, you don't slink along Dead-End Road, you don't go to Smart-Mouth College. Instead you thrill to God's Word, you chew on Scripture day and night. You're a tree replanted in Eden, bearing fresh fruit every month, Never dropping a leaf, always in blossom.



Matthew 5:17–20 *The Message Bible*

“Don’t suppose for a minute that I have come to demolish the Scriptures – either God’s Law or the Prophets. I’m not here to demolish but to complete. I am going to put it all together, pull it all together in a vast panorama. God’s Law is more real and lasting than the stars in the sky and the ground at your feet. Long after stars burn out and earth wears out, God’s Law will be alive and working.



Trivialize even the smallest item in God's Law and you will only have trivialized yourself. But take it seriously, show the way for others, and you will find honor in the kingdom. Unless you do far better than the Pharisees in the matters of right living, you won't know the first thing about entering the kingdom."



James 1:22–25 *The Message Bible*

Don't fool yourself into thinking that you are a listener when you are anything but, letting the Word go in one ear and out the other. Act on what you hear! Those who hear and don't act are like those who glance in the mirror, walk away, and two minutes later have no idea who they are, what they look like.



But whoever catches a glimpse of the revealed counsel of God – the free life! – even out of the corner of his eye, and sticks with it, is no distracted scatterbrain but a man or woman of action. That person will find delight and affirmation in the action.



Timothy 3:14–17 *The Message Bible*

But don't let it faze you. Stick with what you learned and believed, sure of the integrity of your teachers – why, you took in the sacred Scriptures with your mother's milk! There's nothing like the written Word of God for showing you the way to salvation through faith in Christ Jesus.




Every part of Scripture is God-breathed and useful one way or another – showing us truth, exposing our rebellion, correcting our mistakes, training us to live God's way. Through the Word we are put together and shaped up for the tasks God has for us.



Here then I am, far from the busy ways of men. I sit down alone: only God is here. In His presence I open, I read His book; for this end, to find the way to heaven. Is there a doubt concerning the meaning of what I read? Does anything appear dark or intricate?



**I lift up my heart to the Father of Lights:
“Lord, is it not Thy word, ‘If any man lack
wisdom, let him ask of God’? Thou
‘givest liberally, and upbraidest not.’
Thou hast said, ‘If any be willing to do
Thy will, he shall know.’ I am willing to
do, let me know, Thy will.**



hen search after and consider parallel passages of Scripture, “comparing spiritual things with spiritual.” I meditate thereon with all the attention and earnestness of which my mind is capable. If any doubt still remains, I consult those who are experienced in the things of God; and then the writings whereby, being dead, they yet speak. And what I thus learn, that I teach.

John Wesley

Preface to Sermons on Several Occasions



esley's "recipe" for "Searching the Scripture"

1. Be intentional about setting aside time for study
2. READ the Bible (*multiple translations is helpful*)
3. Pray for God's Spirit to enlighten you
4. Compare all applicable passages (*topical index or study Bible is helpful*)



- 5. Read quality commentary on the passages**
- 6. Read the writings of the saints (*Ancient Christian Commentary on Scripture or Wesley One Volume Commentary*)**
- 7. Pray some more**
- 8. Live and Teach what you learn**



“Lectio Divina”

Read (*multiple times*)

Meditate

Pray

Contemplate



“Pray the Scriptures”





Isaiah 40:28–31 *The Message Bible*

Why would you ever complain, O Jacob, or, whine, Israel, saying, “God has lost track of me. He doesn’t care what happens to me”? Don’t you know anything? Haven’t you been listening? God doesn’t come and go. God lasts. He’s Creator of all you can see or imagine. He doesn’t get tired out, doesn’t pause to catch his breath. And he knows everything, inside and out.



He energizes those who get tired, gives fresh strength to dropouts. For even young people tire and drop out, young folk in their prime stumble and fall. But those who wait upon God get fresh strength. They spread their wings and soar like eagles, They run and don't get tired, they walk and don't lag behind.



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