



The *SoulShaping*[®] Experience
QUESTIONS FOR SMALL GROUPS

Week #3

Vital Signs of a Healthy Soul

Theme/Concept

The symptoms of soul neglect help diagnose our spiritual condition. But what about spiritual health? What does that look like? We measure our physical health by basic criteria called vital signs. The soul, likewise, has vital signs by which we measure spiritual health.

Application

Experience the joy and power of spiritual health.

FOR THIS WEEK

Remember, the goal for the group is to engage with and discuss what we've already completed.

SoulShaping[®] Journal:

- Complete Week #3 on "Vital Signs of a Healthy Soul."

SoulShaping[®] (Second Edition): From Soul Neglect to Spiritual Vitality

- Read Chapter 3, "Vital Signs of a Healthy Soul."
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Watch the Opening Segment of the Video for Week #3

Warming Up

Describe a time when you experienced a period of intense, focused training (e.g., for a performance or an athletic competition, or for developing a particular skill). What was most important about that time for you?

Reflections on the sermon (IF you are participating in the congregation-wide *SoulShaping*[®] Experience)

How did the sermon affect the way you think about your spiritual health?

From your reading: *SoulShaping*® (Second Edition): From Soul Neglect to Spiritual Vitality

1. Discuss the metaphor of the Paris Opera House presented on pages 25-26:
 - a. What are some of the parallels Rumford suggests between the design of the Paris Opera House and our spiritual lives?
 - b. What are your thoughts about the assertion that “What we do backstage maximizes or limits our on-stage effectiveness.” (page 25). What are some specific examples?
2. One of the challenges many people have with spirituality is that it seems vague and nebulous. How does the concept of vital signs for the soul help address that challenge?
3. Notice that chapter ends with a summary of the Vital Signs of a Healthy Soul on pages 34 and 35. A similar summary section concludes most of the chapters in the book.

From your *SoulShaping*® Journal: Week #3 “Vital Signs of a Healthy Soul”

1. Week #3 Day 1 - God’s pace redeems our time.
 - a. Share any insights you have from your reflections on this day.
 - b. How would you assess your vitality in this area?
2. Week #3 Day 2 - God’s presence fills our hearts.
 - a. Share any insights you have from your reflections on this day.
 - b. How would you assess your vitality in this area?
3. Week #3 Day 3 - God’s perspective renews our minds.
 - a. Share any insights you have from your reflections on this day.
 - b. How would you assess your vitality in this area?
4. Week #3 Day 4 - God’s power strengthens our wills.
 - a. Share any insights you have from your reflections on this day.
 - b. How would you assess your vitality in this area?
5. Week #3 Day 5 - God’s purpose directs our steps.
 - a. Share any insights you have from your reflections on this day.
 - b. How would you assess your vitality in this area?

Journeying toward spiritual vitality

1. Which of your five vital signs (listed above) is the strongest for you currently?
 - a. How have you experienced this aspect of spiritual vitality?

 - b. What are you currently doing to nurture this facet of your spiritual health?
2. Which vital sign has the most room for improvement? Why?
3. How would you like your group members to pray for you as you work toward spiritual health?

Next Steps

1. How do you hope to apply the lessons from this week in the coming weeks?
2. What will help you engage more consistently with these *SoulShaping*® resources this week?

Watch the Closing Segment of the Video for Week #3

FOR NEXT WEEK

Remember that the goal for the group is to engage with and discuss what we've already completed. Please complete the following before our next gathering:

SoulShaping® Journal:

- Complete Week #4 on "Develop Your Vision for Spiritual Growth."

SoulShaping® (Second Edition): From Soul Neglect to Spiritual Vitality

- Read Chapter 4, "Understand the Process of Spiritual Growth."
- Read Chapter 5, "Develop Your Vision for Spiritual Growth."