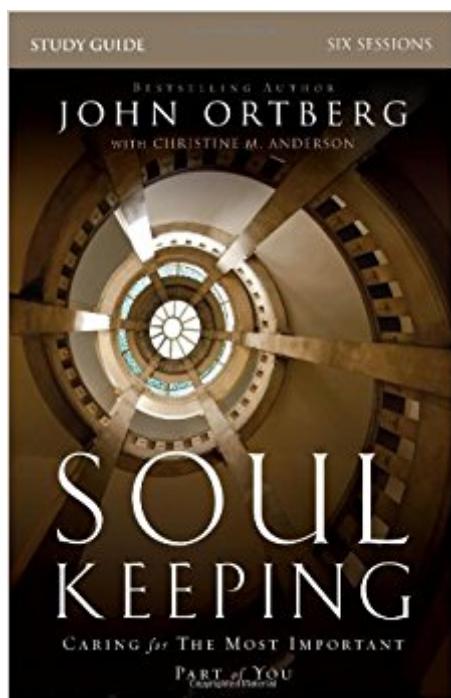


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# Soul Keeping Study Guide: Caring For The Most Important Part Of You



## **Synopsis**

In Soul Keeping, John Ortberg helps Christians rediscover their soulâ "the best connection to God there isâ "and find out why itâ ™s hurting and why neglecting it has set so many believers so far back spiritually. In this six-session video-based small group Bible study (DVD/digital video sold separately), Ortberg shows that caring for your soul is necessary for your Christian life. John shows participants what your soul is, why it is important, how to assess your soulâ ™s health, and how to care for it so that we can have a meaningful and beautiful life with God and others. When you nurture your soul your life in this world will come to make sense again; you can find your way back to God from hopelessness, depression, relationship struggles, and a lack of fulfillment. Your soulâ ™s resting place is in God, and John Ortberg wants to take participants to that home. Sessions include: What Is the Soul? The Struggle of the Soul What the Soul Needs The Practice of Grace The Practice of Gratitude The Practice of Growth Designed for use with Soul Keeping Video Study (sold separately).

## **Book Information**

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## **Customer Reviews**

John Ortberg is the senior pastor of Menlo Park Presbyterian Church (MPPC) in the San Francisco Bay Area. His bestselling books include Soul Keeping, Who Is This Man?, and If You Want to Walk on Water, Youâ ™ve Got to Get out of the Boat. John teaches around the world at conferences and churches, writes articles for Christianity Today and Leadership Journal, and is on the board of the Dallas Willard Center and Fuller Seminary. He has preached sermons on Abraham Lincoln, The LEGO Movie, and The Gospel According to Les Miserables. John and his wife Nancy enjoy

spending time with their three adult children, dog Baxter, and surfing the Pacific. You can follow John on twitter @johnortberg or check out the latest news/blogs on his website at [www.johnortberg.com](http://www.johnortberg.com).

We are doing this series with our small group and love it! John Ortberg does an excellent job on DVD covering the specific topic of each chapter. We have found that the study guide requires us two meetings to cover the info. We usually watch the DVD twice as well. Lots of things to talk about in this book!

John Ortberg is totally transparent as he discusses the challenges we have with our souls and our connections to God. He clearly distinguishes the differences between the soul, mind, body and will. If you find that you are not at peace, that you struggle with your will not being strong enough, your mind deciding what you should be doing, and giving into the desires of the body, this book will engage and inspire you to deepen your soul connection to God. As John profoundly states in the book, your soul is the stream and you are the keeper of the stream. If the stream is clogged, it will not flow and you will not have the fresh water you need. This is a must read for anyone looking to deepen their walk with God and find the inner peace that few of us truly possess.

I purchased this for a group study, and it is very thorough and interesting. It will take us a few months to get through it (we only meet once a month), and everyone is excited about it.

I'm using the Soul Keeping DVD and study guide in my adult Sunday school class and it has generated a great deal of discussion and introspection. This is a well thought-out study that probes around the choices that we make every day and why.

Amazing book that will get your mind thinking outside of your normal spiritual growth box. I recommend it to anyone looking to change their mindset on life - both earthly and eternal.

Have just wrapped up using this study and it is excellent. Have used and appreciated Ortberg's work before, but this is his best to date I believe. Ortberg is very transparent and vulnerable in the video and does some wonderful work helping us to understand how much of the unrest we experience in life has to do with the care and tending of our souls or lack thereof. Highly recommended.

Item received as described. Fast shipping. Good seller. Loved this book

Quite possibly the best study I have ever lead.

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