

**SO
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*A
Soul Care
Narrative:
a 10-day
journaling
guide*



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Mohawknomma Studio Presents

2019 / A Soul Care Narrative

A Soul Care Narrative

A 10-day Journaling Guide

**An Invitation to Help You Pay
Attention to The Narrative of Your Soul**

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|-------|--|--------------------------|
| Date: | * Receive + Give. | <input type="checkbox"/> |
| Date: | * Reflect + Assess. | <input type="checkbox"/> |
| Date: | * Weekly Check-in's with Myself. | <input type="checkbox"/> |
| Date: | 1 There Is Enough Good + Ortho Intro. | <input type="checkbox"/> |
| Date: | 2 Orthopraxy + Orthopathy + Orthodoxy. | <input type="checkbox"/> |
| Date: | 3 My Narrative Outline. | <input type="checkbox"/> |
| Date: | 4 Protagonist. | <input type="checkbox"/> |
| Date: | 5 Antagonist + Context. | <input type="checkbox"/> |
| Date: | 6 Creativity + Activity/Intervention. | <input type="checkbox"/> |
| Date: | 7 Short-term + Long-term Outcome. | <input type="checkbox"/> |
| Date: | 8 Desired Goal. | <input type="checkbox"/> |
| Date: | 9 Visible Impact. | <input type="checkbox"/> |
| Date: | 10 What You See. | <input type="checkbox"/> |
| Date: | * Keep The Momentum Going. | <input type="checkbox"/> |

Invitation

In Progress

Completed



A Soul Care Narrative

A 10-day Journaling Guide

Pay Attention To The Narrative of Your Soul

What story are you telling yourself about your fearfully-and-wonderfully-made life (Psalm 139:14)?

Note: 'Fearfully' is rendered to mean "to be full of respect and reverence." In this course, we are going to get attentive to that story. Your soul care narrative requires you to pay close attention to the Author – God. The nurture (**care**) and nature (**character**) of Jesus **informs your soul care and self-care as a receiver first, then, a giver.**

Pastoral Counsel

Self-care is related to soul care in that they both invite you to notice + nurture + embody your secured + sacred freedom. Self-care is a by-product when you prioritize giving to yourself as much as you give of yourself. Soul Care is holy hospitality that welcomes redemptive + revolutionary human embodiment. You are a soul (*nephesh*, in Hebrew) – the soul is the whole of the person, the unity of the body, organs, and breath. It is not some immaterial spiritual entity, it is you, all of you, your whole being or self.

Pastoral Comfort

I know that self-care may sound scandalous for those with a strong helping personality or those in a church or ministry culture, but there's no badge of honor or virtue in asphyxiating your wellbeing in order to help others. No one benefits when self-martyrdom is at work – no one (period). Sustainability is essential.

What Self-Care Is Not (and what it is)

Self-care **IS NOT** self-centered or selfish – it's a grace reality imbued with the creativity + courage to give **TO** yourself as much as you give **OF** yourself.

Self-care IS NOT a narcotic to numb the self against the harsh realities of life.

Self-care IS NOT a defensive stance.

Self-care IS NOT escapism.

Self-care IS NOT about rewarding oneself – it's about celebration.

Self-care IS an expression of grace – it's a gift + a celebration.

Self-care IS healing.

Self-care IS a gateway to make you more attentive to your humanity.

Self-care IS trusting that there's enough good to go around for oneself.

Self-care IS uniquely expressed personally + collectively.

Self-care IS hospitality.

Self-care IS friendship with yourself.

Self-care IS friendship with your Creator.

Self-care IS a counter-narrative.

Self-care IS centered on Jesus' love from the inside out. And it informs self-love + loving others.



10 Days of Soul Care

RECEIVE + GIVE

You already belong, SOULjourner!

You have no idea how thrilled and appreciative I am about your presence and receptivity in this course! But it's much more than a course, it's an invitation and gateway for you to take a journey that will enlarge your vision and mission to 'be' and 'create' from living in the presence of the Beloved, Jesus.

Sometimes, we don't get to the core of things when the matters of our hearts are uninterrogated. It's significant to search our hearts in such a way to gain insight. Before we get started, what do you desire to get out of this course? **Think in terms of what you desire to receive and give.**

Soul: the word "nephesh" in Hebrew refers to the whole embodied person.
Soul Care: the all-encompassing nurture of my human embodiment.
Self-Care: the priority and attention I give to nurture myself.

I desire to **receive**...

I desire to **give**...

10 Days of Soul Care

REFLECT + ASSESS

The breath – Your breath

In Hebrew, the root word for *nephesh* refers to “breath.” In essence, your breath is integrated with all the components that make you uniquely you.

Briefly reflect on the soul using the image of breath. For example, you might consider when you tend to be *most* and *least* aware of your physical breathing.

What pleasure or longing takes your **breath away**? And when are you most aware of it?

What pain or longing makes you **hold your breath**? And when are you least aware of it?

Overall, how would you assess the attention and care you give to the state of your soul right now? Is it the **highest** it's ever been, the **lowest**, or **somewhere between**? (Circle one)

6

Weekly Check-in's with Myself

Because I'll
Remember
Who I Am, "I
Am"...

My Top Priority
Right **Now** Is...

I Am Not
Responsible For...

*My belonging is rooted in Jesus'
achievements, not my own.*

Week of:

And As I Work
On This,
I Will Not **Define**
Myself By...

Not Being
Responsible
For 'That' Will
Free Me
Up To Do...

Therefore
I'm
Creating
Space For...



Day One & Day Two
Affirmations

(YOUR NAME HERE)

There is enough

GOOD

to go around for me, too.

"The art of self-compassion is the language of inside out activism."

— *Andrea L. Palmer*

List of Emotions

YOU SHOULDN'T JUDGE YOURSELF FOR
YOUR FEELINGS. THEY ARE INDICATORS
NOT YOUR IDENTITY.

SOULjourner, this page is provided for you to use along with days one and two. Of course, you can include emotions that are not listed below in your journaling prompts.

Pastoral Comfort: I'm a major advocate of validating one's own emotions. How you feel is how you feel.

You shouldn't judge yourself for your feelings. They are neither good nor bad—they just are.

Your feelings reflect your emotional response to the world. **However, it's important not to confuse your feelings with reality itself, or to let them dictate your actions.** This is what I mean when I encourage people to see their emotions as **data, not directives.**

Think of them as one data point among many to consider as you move forward.

No matter what you feel, those emotions are valid. They don't need to be judged or justified, but neither are they entitled to run your life. Your choices are yours to make. Let your feelings give their input, then pick the course of action that lines up with your goals and values.

Pastoral Counsel: Address the anxieties underlying your feelings. Take a moment to explore the reasons why you feel as you do, and consider strategies for taking care of those issues.



10 Days of Soul Care

DAYS 1 & 2

ORTHOPRAXY

ORTHOPRAXY - ACTIONS

- "WHAT YOU DO"
- NOTICE YOUR AUTO-PILOT PRACTICES.
- WHAT IS YOUR BEHAVIOR REVEALING ABOUT YOUR LONGINGS?

ORTHOPATHY

ORTHOPATHY - EMOTIONS

- "WHAT YOU FEEL"
- NOTICE YOUR EMOTIONAL RESPONSES.
- LET THEM GIVE INPUT, THEN PICK A COURSE OF ACTION WITH YOUR GOALS AND VALUES.

ORTHODOXY

ORTHODOXY - THOUGHTS

- "WHAT YOU BELIEVE"
- NOTICE THE ATTITUDES DERIVED FROM YOUR THOUGHTS.
- WHAT HAVE YOU ASSUMED?



10 Days of Soul Care

DAYS 1 & 2

Let's examine your GOD ortho-

Please, jot down in each circle your responses.



In the box, list one of the thoughts you listed in the orthodoxy circle, what does it reveal about how you see God?

10 Days of Soul Care

DAYS 1 & 2

Let's examine your SELF ortho-
Please, jot down in each circle your responses.



In the box, list one of the behaviors you listed in the orthopraxy circle, reflect on what is it revealing to you.



10 Days of Soul Care DAY 3

MY SOUL CARE STORY

(create the narrative about your soul care)

PROTAGONIST AND CONTEXT

Once upon a time...

ANTAGONIST + MORE CONTEXT

And every day...

CREATIVITY & ACTIVITY/INTERVENTION

Until one day...

SHORT-TERM OUTCOME

Because of that...



10 Days of Soul Care DAY 3

MY SOUL CARE STORY

(create the narrative about your soul care)

LONGER-TERM OUTCOME

And because of that...

DESIRED GOAL

Until finally...

VISIBLE IMPACT

And ever since that...

WHAT DOES YOUR STORY HELP YOU SEE?

I see...



10 Days of Soul Care

DAY 4

Examine your protagonist

Protagonist: What does your 'Once upon a time' reveal about the protagonist(s) in your soul care narrative? Who is at the center of the story? Who is the primary agent propelling the story forward? Is there more than one protagonist?

10 Days of Soul Care

DAY 5

Examine your context

Antagonist + Context: What does your '**Context**' reveal about your antagonist and the inhospitable circumstance(s) that form the setting for your soul care narrative? Who or what is the primary adversarial agent in the story? Is there more than one antagonist? Emerging from this examination, you can be taught by the Holy Spirit. It might just be wisdom you receive, instead of only knowledge.

10 Days of Soul Care

DAY 7

Examine your short-term outcome

Short-term outcome: Whatever your **'Because of that'** narrative is, it is evidence of an invitation and opening of some sort that was extended to you. This could be a shift in your attitude (orthodoxy), your feeling (orthopathy), or your behavior (orthopraxy). Which ortho- appears to have taken center stage in your short-term outcome?



10 Days of Soul Care

DAY 7

Examine your long-term outcome outcome

Long-term outcome outcome: 'And because of that' short-term outcome, you not only become a willing recipient, you become a willing conduit of something transformative and sustaining. Turn this part of your narrative into a manifesto – a declaration of your God-given vision (the type of world that you dream about and wish to create). Begin with, "I will..."

10 Days of Soul Care

DAY 8

Examine your desired goal

Desired Goal: What does your desired goal narrative reveal about God's love for you? The goal or aim is love. Somewhere along the way for many Christians, faith largely became believing things to be true or false (intellectual assent) instead of giving people concrete practices (orthopraxy) so they could themselves know how to open up (faith), hold on (hope), and allow an infilling from another source (love).

10 Days of Soul Care

DAY 9

Examine your visible impact

Visible Impact: Your narrative of 'And ever since that' will play a healing and empowering role in the lives of others now and long after you are gone. List the names of as many of the people whom your soul care narrative will serve to impact and guide as they learn to attend to their souls (whole, embodied person).



10 Days of Soul Care

DAY 10

Examine what you see

What You See: What do you **see** in your narrative? What you see is about your perception. Your ability to interpret, to hear, to become aware of something or someone through your senses requires you to hold the tension.

Think of one controversial issue that you are facing, **journal it below and acknowledge two or more possible outcomes or realities**. Try to not take sides, but hold the pain of contradictions and seeming impossibilities. Notice where this tension appears in your body, **jot it down**. Observe it with gentleness send love to that place. Ask God to hold you since you cannot hold yourself. As with contemplative prayer or meditation, whenever you get caught in thinking through the pros and cons or are drawn to choose a particular side, simply return to holding the tension. Rest in God's presence which holds you and this paradox.

10 Days of Soul Care

DAY 10

Examine what you see



10 Days of Soul Care

KEEP THE MOMENTUM GOING

MY NURTURE WILL CONTINUE BY:

MY BIGGEST OBSTACLE:

MY NEXT ACTION:

MY AHA MOMENT:

