

# SOUL CARE & THOUGHT CARE

## MY TROUBLED SOUL

### **My soul can be flooded/drowned**

Psalms 69:1 Save me, O God; for the waters are come in unto my soul.

### **My soul can be sought after/pursued**

Psalms 70:2 Let them be ashamed and confounded that seek after my soul:

Psalms 71:10 Mine enemies speak against me; and they lay wait for my soul

Psalms 71:13 Let them be confounded and consumed that are adversaries to my soul;

### **My soul can be wounded**

Psalms 119:20 My soul breaks for the longing that it hath unto your judgments

Psalms 119:25 My soul cleaves unto the dust:

Psalms 119:28 My soul melts for heaviness:

### **My soul can be in trouble**

Psalms 143:11 Quicken me, O LORD, for your name's sake: bring my soul out of trouble.

### **My soul can be full of troubles**

Psalms 88:3 For my soul is full of troubles:

### **My soul can be disquieted within**

Psalms 42:5 Why are you cast down, O my soul? and why are you disquieted in me?

Psalms 42:6 O my God, my soul is cast down within me:

### **My soul can be destitute, impoverished**

Psalms 141:8 But mine eyes are unto you, O GOD the Lord: in you is my trust; leave not my soul destitute.

### **My soul can be uncared for, neglected**

Psalms 142:4 Refuge failed me; no man cared for my soul.

### **My soul can be imprisoned**

Psalms 142:7 Bring my soul out of prison, that I may praise your name: the righteous shall compass me about; for you shall deal bountifully with me.

### **My soul can be afflicted**

Psalms 143:12 And of your mercy cut off mine enemies, and destroy all them that afflict my soul:

### **My soul can be bitter**

Isaiah 38:15 What shall I say? he hath both spoken unto me, and himself hath done it: I shall go softly all my years in the bitterness of my soul-identity. It is my Id and Ego but more. It is my substance, my essence. It is the "me" that God sees.

# MY SATISFIED SOUL

## **My soul can thirst (or lose hunger or thirst)**

Psalms 42:1-2 My soul thirsts for God, so pants my soul after you, O God.

Psalms 63:1 O God, you are my God; early will I seek you: my soul thirsts for you,

Psalms 84:2 My soul longs, yea, even faints for the courts of the LORD:

Psalms 143:6 I stretch forth my hands unto you: my soul thirsts after you,

## **My soul waits/expects/hope (or give up hope, despair)**

Psalms 62:5 My soul, wait you only upon God; for my expectation is from him.

Psalms 130:5 I wait for the LORD, my soul doth wait, and in his word do I hope.

Psalms 130:6 My soul waits for the Lord more than they that watch for the morning:

## **My soul can be satisfied (or dissatisfied)**

Psalms 63:5 My soul shall be satisfied as with marrow and fatness; then lips praise

## **My soul can follow hard after (or cease to follow, or quit)**

Psalms 63:8 My soul follows hard after you:

## **My soul can be helped (or flounder and drift)**

Psalms 66:16 Come and hear, and I will declare what he hath done for my soul.

## **My soul can be disciplined (or neglected)**

Psalms 69:10 When I wept, and chastened my soul with fasting.

## **My soul can delight (or bemoan)**

Psalms 94:19 In the multitude of my thoughts within me your comforts delight my soul.

## **My soul can bless (or can curse)**

Psalms 103:1 Bless the LORD, O my soul: and all that is within me, bless his holy name.

## **My soul can rest (or be restless)**

Psalms 116:7 Return unto your rest, O my soul;

## **My soul can be weaned (or be dependant), quieted (or disquieted)**

Psalms 131:2 Surely I have behaved and quieted myself, as a child that is weaned of his mother: my soul is even as a weaned child.

## **My soul can be strengthened (or be feeble)**

Psalms 138:3 You answered me, and strengthened me with strength in my soul.

## **My soul can have deep knowledge (or forget)**

Psalms 139:14 I will praise you; for I am fearfully and wonderfully made: marvelous are your works; and that my soul knows right well.

## **My soul can be lifted up to God (or cast down)**

Psalms 86:4 Rejoice the soul of your servant: for unto you, O Lord, do I lift up my soul. Psalms 143:8 Cause me to hear your lovingkindness in the morning; for in you do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto you.

## **My soul can be redeemed/rescued/preserved (or captured, enslaved)**

Psalms 35:17 Lord, how long wilt you look on? Rescue my soul

Psalms 71:23 My lips shall greatly rejoice... and my soul, which you have redeemed.

Psalms 86:2 Preserve my soul; for I am holy:

**My soul can be healed (or be sick)**

Psalms 41:4 I said, LORD, be merciful unto me: heal my soul;

**My soul can desire God (or not)**

Isaiah 26:9 With my soul have I desired thee in the night; yea, with my spirit within me will I seek thee early:

**My soul can be joyful in God (or grumpy and complaining)**

Isaiah 61:10 I will greatly rejoice in the LORD, my soul shall be joyful in my God;

# How is your soul today?