



Part 3 – A Balanced Soul  
Proverbs

Pastor Mark Hartman  
January 24, 2016

*“When peace like a river attendeth my way. When sorrow like sea billows roll. Whatever my lot you have taught me to say, it is well, it is well with my **soul**.”* (Horatio Gates Spafford)

I. SAVE OUR **SOULS**.

- A. The Bible uses the word soul to talk about who we are on the **inside** in the here and now; meaning our mind, will and emotions.
  - 1. *Proverbs 3:21-22 “Dear friend, guard clear thinking and common sense with your life; don’t for a minute lose sight of them. <sup>22</sup> They’ll keep your **soul** alive and well, they’ll keep you fit and attractive.”* (MSG)
  - 2. *Proverbs 11:17 “Your own **soul** is nourished when you are kind; it is destroyed when you are cruel.”* (TLB)
- B. To be “**double**-minded” means we have one mind for God’s will and one mind for ours.
- C. A soul needs a **keeper** to be healthy.
- D. *Proverbs 4:23 “Above all else, guard your **heart**, for it affects everything you do.”*

II. THE COMPONENTS FOR A **BALANCED** SOUL.

A. Commit to being a person of **character**.

1. The character of a person is marked by...
  1. What we **flee** from;
  2. What we follow after;
  3. What we **fight** for;
  4. What we are faithful to.
2. *Psalm 101:2 "I will walk in my house in the integrity of my heart."*
3. Character gives others the ability to **trust** you.
4. Character gives us the basis for making better **decisions**.

*Proverbs 11:3 "The integrity of the upright **guides** them."*

B. Commit to a disciplined "thought **pattern**."

1. *Philippians 4:8 "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."*
2. *Proverbs 23:7 "For as a person thinks in his **heart** (soul), so is he."*

C. Decide that we are better off not getting **everything** we want.

*Proverbs 30:8-9 "...give me neither poverty nor riches, but give me only my daily bread. <sup>9</sup> Otherwise, I may have too much and disown You and say, 'Who is the LORD?' Or I may become poor and steal, and so dishonor the name of my God."*

*CDs and DVDs of today's sermon or previous sermons are available for purchase after the service at our Water's Edge Resource Center.*

**Notes:**

---

---

---

---

---



