

SISTERHOOD LOUNGE ROOM

From our lounge room to yours

Identity: Mind & Soul -Part 1

Welcome back to the Sisterhood Lounge Room! We hope you enjoyed last month's episode and are thrilled you have joined us to continue unpacking this great topic of identity.

We have highlighted the key scriptures and thoughts from this month's episode as well as questions you can use to discuss in a group or work through in your own time ... enjoy.

"Now, may the God of peace and harmony set you apart, making you completely holy. And may your entire being—spirit, soul, and body—be kept completely flawless in the appearing of our Lord Jesus, the Anointed One."

1 Thessalonians 5:23

HOLY AND WHOLE

Nicola began by sharing on how having a relationship with Jesus transforms us in holiness and wholeness. As we are made up of mind, soul, spirit, and body, each of these areas need transforming in the presence of Jesus.

Amaka explained that to function as a whole person we need all four of these key areas to be in balance. She used the analogy of a barbershop quartet. When the four voices

sing in harmony, an audible fifth note is created that is different from the other pitches. When all four areas of our life are singing in harmony, our internal fifth note is Jesus.

Nicola shared a story of how she once spent a season focusing just on her soul. She cut out activities serving the other areas of her life to spend time exclusively in the word and in prayer. It did not have the desired effect and left her feeling unbalanced. God wisely created all these areas that require nurture and care.

Q- Which area of your life do you find easiest to refuel- body, soul, mind, or spirit?

Q- When one area is neglected how does that show in your life?

Q- Think about each of the 4 areas now, what adjustments or reprioritising might you need to implement to see wholistic health in your life?

MIND

Ana explained that if we want to look after our minds, we need to pay attention to what we are giving our attention to. Everyone experiences Automatic Negative Thoughts (ANT's), which are instant negative and intrusive thoughts. If we become mindful of what we are thinking, we can learn to dismiss ANT's quickly, and they will not have the opportunity to grow into false narratives.

Ana shared three things that can pose a threat to our attention and to our thoughts:

•**Stress:** overwhelming feelings and losing a sense of control

•**Threats:** Things that threaten personal wellbeing like loss of reputation, lack of justice, loss of identity etc.

• **Negative mood:** Feeling low or depression.

She continued to say that it is so important to take captive the ANTs that intrude and dismiss them quickly, and replace them with the power of the word of God.

"Fill your thoughts with my words until they penetrate deep into your spirit. Then, as you unwrap my words, they will impart true life and radiant health into the very core of your being." -

Proverbs 4:21&22

Nicola reminded us that how we think determines who we are becoming:

"As a man thinks in his heart, so he is"
Proverbs 23:7

Q- Take a moment and think about what you think about most. Are your thoughts mostly positive or negative?

Q- What's one reoccurring ANT (Automatic Negative Thought) that you have?

Q- What might be one helpful step you can take to change this thought pattern? Is there a scripture you can replace this thought with?

SOUL

Nicola said that there will always be times in life where our feelings and emotions are overwhelming. Maureen shared her personal experience of stress and frustrations in her younger years that manifested in outbursts. She has grown more self-aware and has built a support system around her and chooses to pray through things that she finds emotionally challenging. She explained that speaking to trusted friends helps shift her perspective and meditating on the truth of

scripture has been a game changer to maturing emotionally.

Ana affirmed that this is the beauty of Sisterhood, building a support system of women around you.

Nicola asked Ana how we can validate our emotions but at the same time not let them rule us? Ana said that the first step is to change your language, for example, changing "I'm sad" to "I'm feeling sad." She reminded us that you are not your emotion. Secondly, to remember that emotions are like waves, they come and go and sometimes we need to allow them to run their course.

Q- What is the biggest emotion you are feeling in this season? Is it one that will run its course like a wave or does it stem from something deeper?

Q- "I am sad" vs "I am feeling sad." Do you need to be more intentional about disassociating your emotions from your identity?

Q- When you are having intense feelings and emotions do you have someone who you can share them with, someone who can bring support and wisdom?

FINAL THOUGHT AND PRAYER

Remember Jesus came to give us life and life to abundance. To have an abundant life means that each area of our lives (body, soul, mind and spirit) is flourishing and thriving. "God, I pray, that you would help me to find wholeness in each area of my life. I pray for my thoughts and emotions, that they would align with your truth. Guide me in the areas I need to change and help me to grow in maturity in each area of my life so that I continue to become all you have created me to be. Amen."