



HELP FOR THE **RESTLESS/HEAVY/TORTURED** SOUL AUGUST 2025

SOUL DETOX: WEEK 1 — The Restless Soul

This study guide is designed to help you to become more familiar with the Bible. Study these passages on your own, with a friend, or with a group.

Monday— Let's begin by thinking about what our soul is. **Read Genesis 2:7** in the Old Testament. What impact does it have to think of your soul as that part of you that is God-breathed? What are the eternal implications of our soul being a part of God himself? What toxins would you say your soul has picked up along life's journey?

Tuesday—**Read Genesis 4:1-12 and Ecclesiastes 2:17-26** in the Old Testament. The first passage points to a description of Cain in verse 12 as a restless wanderer. How would this describe you (or someone you know)? Does the passage from Ecclesiastes describe you or someone you know...*"even at night his mind does not rest..."*? How do we balance an active mind (which is a very good thing) with times to rest our minds?

Wednesday—**Read Psalm 62:1-12** in the Old Testament and **Matthew 11:20-30** in the New Testament. Where does the Psalmist say that rest comes from? In the Matthew passage Jesus is pointing to the same truth. Together, what do these passages say about the soul? About our need to rest our souls and detoxify the restlessness? How does this apply to you?

Thursday—**Read Psalm 46:1-11** in the Old Testament. Verse 10 in this passage was at the heart of the message on Sunday. Being still is a choice. Why is this such a difficult choice or decision? Notice that we are not supposed to be still ALL the time! In fact, we are supposed to be quite active as followers of Jesus, but we are to make the decision to be still, strategically, regularly, so that our activity is connected most deeply to God. What does this mean to you? **Read Psalm 131:2** in the Old Testament. What can you do to quiet your soul regularly in the midst of your active life?

Friday—**Read Psalm 130:1-8** in the Old Testament. What does it mean to *"wait for the Lord"*? In this passage, how is waiting for the Lord tied into God's word? What can you do to be better at waiting on God, and using his word (scripture) to do so? How is this study guide a part of that for you?

SOUL DETOX: WEEK 2 — The Tortured Soul

Monday—Read Romans 7:14-25a in the New Testament. The message Sunday was entitled, “The Tortured Soul.” In this passage we see Paul struggling with his soul, with sin and temptation. He talks about how he doesn’t do the good things we wants to do, but the bad things he doesn’t want to do, that’s what he does! Would you describe Paul’s soul as tortured? In what ways can you relate to his struggles?

Tuesday—Read Ephesians 2:1-10 in the New Testament. What does this passage say about the power of sin? What is its message of grace and hope? In what ways is your life described in this passage? If you were ever told you were worthless, how does verse 10 speak to you?

Wednesday—Read Psalm 38:1-8, 21-22 in the Old Testament. In this passage it is King David who is tortured by his sin. What words does he use to describe what he is feeling? Do his descriptions have any parallels in your life? If you like, read this whole chapter to see other struggles that he is facing along with his sin.

Thursday—Read Proverbs 28:13 in the Old Testament, and **1 John 1:6-10 and James 5:13-20** in the New Testament. All of these passages are about confession. Many people know that they must confess to God for forgiveness of their sins, but very few know about the healing that comes from confessing to others. How have you applied these two things when you know you have sinned? Which part is more difficult? Why? How might you put these two parts of confession into practice soon?

Friday—Read 1 Peter 2:22-25 in the New Testament. How does this passage express God’s view of sin and forgiveness? What would happen if we all embraced the truth of this scripture? How might it detox our souls from the torture of sin? Reread this passage several times and let it speak to you deeply.



SOUL DETOX: WEEK 3 — The Heavy Soul

Monday—Read Psalm 42:1-11 in the Old Testament. King David is credited with the writing of this Psalm. Notice how he is speaking to his own soul. What is the message he speaks in verse 5? How does that message change, later in this passage, from a cry of despair, to a shout of hope and courage? How does this speak to you today?

Tuesday—Read Lamentations 3:19-26 in the Old Testament. This passage was penned by the prophet Jeremiah. He is known as the “weeping prophet” because of the deep grief he shared and expressed because of the unfaithfulness of his people. How does this passage express pain and then hope? Notice that Jeremiah, like David from yesterday, is speaking to his own soul. Notice also the call to be quiet

before God, to listen, to wait. How does all of this speak to you today? Where in your life are you experiencing pain? Where do you long for hope and relief?

Wednesday—Read Psalm 34:17, 55:17, 72:12, 84:2, and 88:1 in the Old Testament. What is the common theme in all of these scriptures? What keeps you from crying out to God when your soul is heavy? What would it take to overcome that obstacle and just do it? **Read 1 Peter 5:7** in the New Testament. How does this passage speak to you today?

Thursday—Read 2 Chronicles 32:1-8 in the Old Testament. The Jewish army is facing a very powerful foe and King Hezekiah is trying to encourage his people as they prepare to do battle. What words does he use to encourage them? Take a minute and put his words into your own...What battles do you feel like you are facing right now? How do Hezekiah's words encourage you?

Friday—Read Matthew 11:28-30 in the New Testament. In light of the message on Sunday about the heavy soul, how do Jesus' words intersect with your life? Where do you feel burdened? What is Jesus' solution to the problem of our heavy souls? Jesus says that his burden is light? What does he mean by this?

SOUL DETOX: WEEK 4 — A Soul Maintenance Plan

Monday — Think through this week's readings in light of the idea that you are not a body with a soul, but a soul with a body. Your body won't last forever but your soul will, therefore take good care of your soul. **Read Romans 12:1-2** in the New Testament. What does it mean to be a "living" sacrifice? How are you tempted to conform to this world? What does it mean to be transformed in our minds? How might this affect how we detox our souls?

Tuesday—Read Ephesians 6:10-18 in the New Testament. This is a great passage about how to maintain and protect our souls. What is it we are protecting against? What are the various pieces of armor we should wear? How many of these pieces are defensive, and how many are offensive weapons? How does the armor described here relate to your spiritual life and your need to protect your soul?

Wednesday—Read 1 Peter 1:13-16 in the New Testament. Remember that the word "holy" means to be set apart or to be different. How does that affect the meaning of this passage? In what ways does following Jesus set you apart or make you different? **Read 2 Peter 1:1-9**. What does this passage say to you about taking care of your soul? What elements that Peter describes are you missing? How are you working on those things?

Thursday—Read 1 Corinthians 5:6-7 in the New Testament. Paul is using yeast as a symbol of sin or negative cultural influence. What does a small amount of yeast do in a big bowl of bread dough? It spreads and multiplies quickly. Paul is saying that just like yeast spreads quickly so can sin, so what must we do about even a small amount of sin? **Read 1 Corinthians 6:12-20.** In this passage Paul is talking about how, in Jesus, we have a great deal of freedom. But how are we to handle that freedom? When do we cross a line into sin? Why is this a struggle for so many of us?

Friday—Read 1 Corinthians 9:19-23 in the New Testament. Here, Paul is saying that he has become all things to all people that some might come to know Jesus and be saved. How can we do what Paul did but not take on the toxins of the culture around us? How can you be **in** the world but not **of** the world? Why is this so difficult for us in the 21st Century?