

# HEART *and* SOUL



Heart and Soul – Part 4  
Living in the Overflow  
Pastor Dave Patterson  
November 3-4

## USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures referenced in the sermon and some discussion questions for you to use to facilitate a discussion.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together.

While the questions are important, remember your group's goal is not to pound through the questions but to create an atmosphere that will foster true friendships, so use the discussion questions as you see fit, but emphasize the relationships.

### Review from last week:

#### "A forgiving soul" = healthy soul:

1. Identifies areas of unresolved offense and deals with them
2. Leaves their "gift" at the altar until steps of reconciliation have been taken
3. Seeks to know the forgiveness of Jesus at a level that they can easily give what has been received (*pass the baton*)

### Proverbs 4:23 (TPT)

So above all, guard the affections of your heart,<sup>[a]</sup>  
for they affect all that you are.

Pay attention to the welfare of your innermost being (soul),  
for from there flows the wellspring of life.

*"The state of our soul determines the course of our life"*

*"The health of our soul determines the quality of our life"*

The soul is the part of us that will live for eternity.

### **Ephesians 3:16-19 (TPT)**

And I pray that he would unveil within you the unlimited riches of his glory and favor until supernatural strength floods your innermost being with his divine might and explosive power.

Then, by constantly using your faith, the life of Christ will be released deep inside you, and the resting place of his love will become the very source and root of your life.

Then you will be empowered to discover what every holy one experiences—the great magnitude of the astonishing love of Christ in all its dimensions. How deeply intimate and far-reaching is his love! How enduring and inclusive it is! Endless love beyond measurement that transcends our understanding—this extravagant love pours into you **until you are filled to overflowing with the fullness of God!**

### **Matthew 11:28-30 MSG**

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

### **Psalms 23 NKJV**

The LORD *is* my shepherd;

I shall not want.

<sup>2</sup> He makes me to lie down in green pastures;

He leads me beside the still waters.

<sup>3</sup> He restores my soul;

He leads me in the paths of righteousness

For His name’s sake.

<sup>4</sup> Yea, though I walk through the valley of the shadow of death,

I will fear no evil;

For You *are* with me;

Your rod and Your staff, they comfort me.

<sup>5</sup> You prepare a table before me in the presence of my enemies;

You anoint my head with oil;

My cup runs over.

<sup>6</sup> Surely goodness and mercy shall follow me

All the days of my life;

And I will dwell in the house of the LORD

Forever.

“My cup runs over” in Hebrew is one word that means, *to exceed the place of satisfaction, to reach saturation and to overflow*

### Five Things You Can Exchange (from Psalm 23)

Note: All the promises have to do with proximity to the Shepherd.

1. “I shall not want” = **the cure for the worried soul**
2. “he makes me lie down” = **the cure for the hurried soul**

“To live with a healthy soul, you must ruthlessly remove hurry from your life.” - Dallas Willard

3. “leads me beside still waters” = **peace for the anxious soul**

#### **Isaiah 26:3**

You will keep *him* in perfect peace,  
Whose mind is **stayed on You**,  
Because he trusts in You.

4. “he restores my soul” = **healing for the broken places of our hearts**
5. “I will fear no evil” = **fear is exchanged for confidence and a secure soul**

### Three Ways David Shows us:

1. Respond to the invitation
2. Learn to eat in the presence of your enemies
3. Determine to dwell

“...and I will dwell in the house of the LORD forever”

## **TALK IT THROUGH**

This is the final week of our series, *Heart and Soul*. Previously, we’ve seen God’s design and desire for our souls, and the contaminants that lead us away from that design. This week we’ll look at living in the overflow of a healthy soul. By way of review, below are the 4 steps to a healthy soul Pastor Dave gave on week one.

## The Road to a Healthy Soul

- Discover and be confident in who God has made you and where he is taking you.
- Identify where fear has led you, and turn around; head in the direction of faith.
- Refuse to isolate and find community.
- Speak out what God says about your life and future.

## Discussion Questions for this week:

1. Is there someone in your life whose soul is so overflowing with the right things that when you're around them you find yourself inspired to love better, be more compassionate, or perhaps live with greater vision? Who is it and how has their life affected yours?
2. What overflows from your life when people get around you?
3. A healthy soul that lives in the overflow responds to God's invitation to live in forgiveness and grace. Read together Ephesians 3:16-19 (PTP). What words or phrases express the idea of a soul "living in the overflow"? From this passage, discuss all the ways God blesses us. How has he blessed you?
4. Read Psalm 23 together. What was the context in which David wrote this psalm? How do you think it was possible for him to make such an incredible declaration?
5. What circumstances are you in the midst of that make it hard for you to live with a soul at peace? Is it worry, or hurry? Or stress, or brokenness? Is it fear?
6. Discuss the five soul remedies from Psalm 23 that Pastor Dave shared. Which area resonates with you, and why?
  - "I shall not want" = the cure for the worried soul
  - "he makes me lie down..." = the cure for the hurried soul
  - "leads me beside still waters" = peace for the anxious soul
  - "he restores my soul" = healing for the broken places
  - "I will fear no evil" = fear exchanged for confidence & a secure soul.
7. Read Isaiah 26:3. The word *stayed* means to focus on, to lean upon, to remain by. What does it look like for you to be "stayed on Jesus"?
8. What will you do this week to respond to God's invitation?