

NVS

Soul

CARE

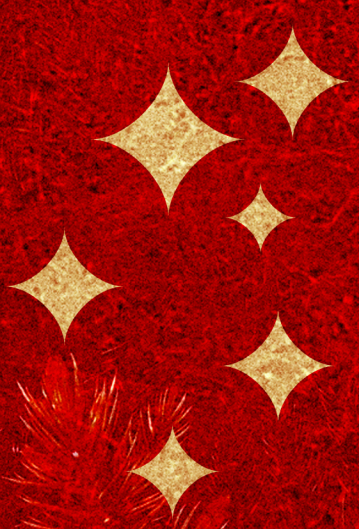
CHRISTMAS PARENT GUIDE

Series Overview

This series will focus on soul care using the story of the birth of Jesus. We will be breaking down the verse Romans 15:13 to better understand why it is important to take care

of our soul. Soul care is knowing your soul should be a reflection of the image of God, as He has thoughts, emotions, and a will. Your soul can also relate, interact, and connect with other souls. Thus, you are to take care of what God has given you. Without a healthy soul, you cannot function well. Soul care actually prepares us for encountering the Lord. Caring for our soul is the gateway for us

to receive, grasp, and understand God's ways in our life. If we care for our soul according to God's ways and methods instead of the worlds, the result is sanctification—or holiness. For this series we will be going through the topics of seeing emotions as a gift and knowing how to process them, dealing with anxiety, and seeing the need for hope in Jesus birth in what feels like a hopeless world.



Week 1

THE JOY OF THE LORD IS OUR STRENGTH

1. Which emotions are most difficult for you to express? What emotions are you struggling with right now in your life?
2. Who do you share your thoughts emotions with? Why?
3. Which emotions do you try to hide from others? Why?
4. How does holding in your emotions affect you?
5. How do you think sharing your emotions with God could help you?
6. How are you going to work on expressing your emotions to God this week?

Week 2

THE PEACE OF GOD THAT TRANSCENDS ALL UNDERSTANDING

1. What emotions do you feel during the holiday season?
2. Where do you see anxiety in the story of the birth of Jesus? Do you relate to any of those thoughts and feelings?
3. Where do you see hope in the story of the birth of Jesus? When was a time that God gave you hope in the midst of anxiety?
4. What does your prayer life look like right now?
5. How do you practice showing gratitude to God?

Spend some time as a group praying for one another's needs and giving thanks to God.

Week 3

JESUS IS OUR LIVING HOPE

1. Have you ever been in a situation where you felt all hope was gone? What did you rely on most in that moment?
2. What encouragement would you give to someone going through a difficult trial based on your own experiences?
3. Where are you placing your hope other than Jesus? Do you tend to rely on your own power and ability.
4. When life is going well, is it easy to trust and hope in God? Why or why not?
5. Where do you see God at work now and in the past?
6. What is your next step? Where is God leading you?
7. Use this time to talk about next steps for those who are already believer to be bold and share their faith with others.

Resources

- **Celebration of Discipline** by **Richard Foster**
- **Renovation of the Heart** by **Dallas Willard**
- **Sacred Rhythms** by **Ruth Haley Barton**

Congratulations on engaging in an intentional conversation with your student! Whether you made it through step 1 or all 5 steps, give yourself a pat on the back. Every conversation must start somewhere. Your relationship will be better for it in the long run! You're doing the hard work!

**When Families win,
*We Win!***

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