

SERMON OUTLINE: SOUL REVIVAL

Main Scripture: 3 John 1:2 (NIV) - "Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."

I. Introduction: The Connection Between Soul and Mental Health

Highlight the importance of nurturing both the soul and mental health in our walk with God.

Introduce "Soul Revival" as a holistic approach to well-being.

II. Understanding the Soul's Needs

1. Nourishment of the Spirit

Scripture: Psalm 42:1-2 - Our souls crave connection with God for peace and joy.

2. Recognizing Emotional Struggles

Example: Elijah (1 Kings 19:1-18) faced despair, showing it's okay to seek help and healing.

III. The Role of Faith in Mental Health

1. Power of Prayer and Worship

- Scripture: Philippians 4:6-7 - Prayer and worship can bring comfort and clarity.

2. Church Community Support

- Example: Job (Job 2:11-13) - His friends supported him, emphasizing the need for community during struggles.

IV. Practical Steps for Soul Revival

1. Daily Spiritual Practices

Encourage daily prayer, scripture reading, and meditation.

2. Seeking Professional Help

Normalize therapy or counseling as part of mental health care.

Conclusion: A Call to Revival

- Emphasize the importance of nurturing both soul and mental health for a fulfilling life in Christ.

- Close with a prayer for healing and revival of the soul.