



# Soul Keeping Study Guide: Caring for the Most Important Part of You

By John Ortberg

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## Soul Keeping Study Guide: Caring for the Most Important Part of You By John Ortberg

In *Soul Keeping*, John Ortberg helps Christians rediscover their soul—the best connection to God there is—and find out why it's hurting and why neglecting it has set so many believers so far back spiritually.

In this six-session video-based small group Bible study (DVD/digital video sold separately), Ortberg shows that caring for your soul is necessary for your Christian life. John shows participants what your soul is, why it is important, how to assess your soul's health, and how to care for it so that we can have a meaningful and beautiful life with God and others.

When you nurture your soul your life in this world will come to make sense again; you can find your way back to God from hopelessness, depression, relationship struggles, and a lack of fulfillment. Your soul's resting place is in God, and John Ortberg wants to take participants to that home.

Sessions include:

1. What Is the Soul?
2. The Struggle of the Soul
3. What the Soul Needs
4. The Practice of Grace
5. The Practice of Gratitude
6. The Practice of Growth

Designed for use with *Soul Keeping Video Study* (sold separately).

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### Editorial Review

#### About the Author

John Ortberg is the senior pastor of Menlo Park Presbyterian Church (MPPC) in the San Francisco Bay Area. His bestselling books include *Soul Keeping*, *Who Is This Man?*, and *If You Want to Walk on Water, You've Got to Get out of the Boat*. John teaches around the world at conferences and churches, writes articles for *Christianity Today* and *Leadership Journal*, and is on the board of the *Dallas Willard Center* and *Fuller Seminary*. He has preached sermons on Abraham Lincoln, The LEGO Movie, and The Gospel According to Les Miserables. John and his wife Nancy enjoy spending time with their three adult children, dog Baxter, and surfing the Pacific. You can follow John on twitter @johnortberg or check out the latest news/blogs on his website at [www.johnortberg.com](http://www.johnortberg.com).

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