

The little book of  
**Soul Care**



*Taking  
Time To  
Heal &  
Trust in  
God*

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## *My experience with my faith...*

For years, I struggled to know how to process hard things while reconciling them with my faith. I wished I could find a handbook to guide me through this process.

Because I struggled with what I knew about God and how to trust him when my life was falling apart. I needed to know there was a way to hold onto my faith when my life was falling apart.

So, I created this Little Book of Soul Care as a gift for you to find your way through struggles and to hold onto your faith.

These steps come from what I have learned, the research I have done, and from talking to others about where faith and doubt intercedes. This process is what encourages me to hold onto my faith – I hope it will do the same for you!

## Steps to Heal and Trust God

**01**

### Step One

Recognize your struggle and discover how to hold onto the promises of God

**02**

### Step Two

Remember the characteristics of God through the Psalms

**03**

### Step Three

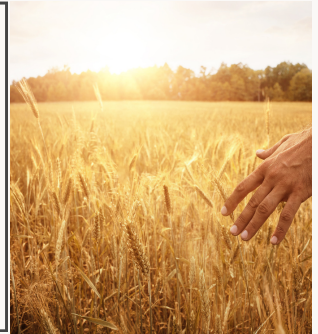
Recount how God is working in your life

*YOUR GO TO*

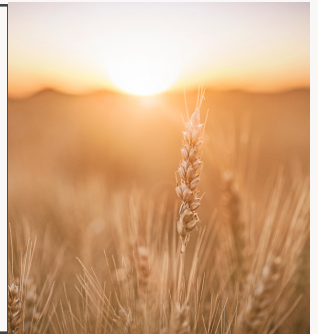
# SOUL WORK

How to Hold Onto the Promises of God

WHAT IS ONE THING YOU ARE STRUGGLING WITH THE MOST RIGHT NOW?



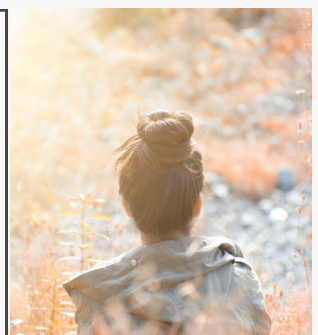
HOW IS THIS AFFECTING WHAT YOU BELIEVE ABOUT GOD?



WHAT IS ONE PROMISE FROM SCRIPTURE THAT YOU CAN HOLD ONTO?



HOW WOULD TRUSTING GOD WITH THIS PROMISE MAKE A DIFFERENCE IN YOUR CURRENT CIRCUMSTANCES?



# Scriptures

FROM THE PSALMS

REMEMBER WHO GOD IS WHEN LIFE DOESN'T MAKE  
SENSE

PS. 116:5      The LORD is gracious and righteous; our God is full of compassion.

PS. 54:4      Behold, God is my helper; the Lord is the upholder of my life.

PS. 46:1      God is our refuge and strength, an ever-present help in trouble

PS. 48:14      For this God is our God for ever and ever; he will be our guide even to the  
end.

PS. 73:26      My flesh and my heart may fail, but God is the strength of my heart  
and my portion forever.

*Recount the ways God is  
working in your life*

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