Caring for Your Soul:

A LISTENING PLAN FOR MENTAL HEALTH

Adapted from Soul Care by Debra Fileta (2024), published by Harvest House Publishers.

Day 1–Nourish:

Cultivating Your Soul Through Nutrition, Hydration, and Movement

"We need to fuel our bodies out of a place of honor, not shame, recognizing that God designed them with intention and purpose. Your body's thirst is an indicator that your soul might be thirsty too, so stop and drink, both physically and spiritually. Every movement we make can be an act of worship when we see our bodies as instruments for God's purpose."

Scriptures to Listen To:

- 1 Corinthians 10:23
- John 7:37-38
- Acts 17:28

Discussion Question: One of the basic ways to care for your soul is to care for your body. With that in mind, how will you nourish, hydrate, and move your body today?

Day 2–Rest:

Caring for Your Soul Through Rhythms of Rest & a Sustainable Pace of Life

"Jesus himself rested, embracing the limitations of His humanity. How much more do we need to follow His example and allow ourselves permission to rest? Living at a sustainable pace isn't laziness; it's wisdom. Jesus invites us to step off the treadmill of hustle and walk in His unforced rhythms of grace."

Scriptures to Listen To:

- Psalm 127:2
- Matthew 11:28-30
- Ecclesiastes 3:1

Discussion Question: What adjustments can you make in your schedule to align with God's rhythm of rest and renewal?

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Day 3–Connect:

Caring for Your Soul Through Life-Giving Relationships

"God designed us for connection. Our souls thrive in community, where we are known, loved, and challenged to grow. True friendship is intentional, reciprocal, and life-giving—modeled after the way Jesus loved, served, and remained present with His friends."

Scriptures to Listen To:

- Hebrews 10:24-25
- Proverbs 27:17
- John 15:12-15

Discussion Question: One of the basic ways to care for your soul is to care for your body. With that in mind, how will you nourish, hydrate, and move your body today?

Day 4–Protect:

Caring for Your Soul with Boundaries that Protect Your Calling

"Boundaries aren't barriers; they are sacred spaces that allow us to steward our time, energy, and calling with wisdom—just as Jesus did. Jesus modeled this by withdrawing to pray, prioritizing His mission over people's demands, and staying focused on what God called Him to do."

Scriptures to Listen To:

- Mark 1:35-38
- John 2:23-25
- Matthew 6:33

Discussion Question: How can you set a boundary this week that protects your calling and honors what God has entrusted to you?

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Day 5–Savor:

Caring for Your Soul by Being Present, Practicing Gratitude, & Enjoying Life

"God invites us to embrace joy as a gift, practicing gratitude, being present in the moment, and intentionally enjoying the life He has given us. To savor life is to be acutely aware of it. Through celebration, thanksgiving, and intentional presence, we cultivate a heart that rejoices in Him and the goodness of His gifts."

Scriptures to Listen To:

- Ecclesiastes 8:15
- 1 Thessalonians 5:16-18
- Luke 10:41-42

Discussion Question: How can you intentionally savor God's presence, practice gratitude, and embrace joy as a gift in your life today?

Day 6–Tune In:

Caring for Your Soul by Having Insight & Understanding Your Inner World

"The bravest journey you will ever take is the one toward looking inside your soul. Tuning into our inner world is an invitation to acknowledge our emotions, unpack our experiences, and embrace healing as God works within us."

Scriptures to Listen To:

- Proverbs 20:5
- Romans 12:2
- Luke 22:44

Discussion Question: How can tuning in to your emotions and inner world help you recognize where God is inviting you into deeper healing and transformation?