



How's Your Soul? Study Guide with DVD: Why Everything that Matters Starts with the Inside You

Judah Smith

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In this six-session video Bible study, Judah Smith, bestselling author of *Jesus Is _____*, asks a surprisingly different question from the usual “How are you?”—but this is the question Judah chooses to ask his friends, because he knows the health of the soul is too often overlooked in the busyness of everyday life.

In the rush of living moment to moment, many of us find ourselves simply *surviving*, struggling daily with frustration, restlessness, boredom, and ever-fleeting joy. But if we would pause, we’d find the things that matter most in life—*stability, peace, hope, love*—are rooted in the health of what Judah calls the “inside you.”

Judah shares his own mistakes and foibles to help you find your way through the emotional roller coasters of life and discover the soul-healing essentials of *rest, responsibility, restraint, and relationships*. This is an invitation to find lasting satisfaction by bringing your feelings into alignment with God’s truth, moving beyond surviving to thriving, and learning how to live each day with eternal significance.

The *How’s Your Soul Study Guide* includes video discussion questions, Bible exploration, and personal study and reflection materials for in-between sessions.

Sessions include:

1. When Is My Soul Home? (19:30)
2. What Makes My Soul Healthy? (21:30)
3. Why Does My Soul Have Hope? (11:30)
4. Who Does My Soul Hold On To? (15:30)
5. How Is My Soul Helped? (12:00)
6. Where Is My Soul Headed? (21:00)

Bonus interviews included on the DVD.

This pack contains one study guide and one DVD.

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Alfonso Miller:

People live in this new morning of lifestyle always attempt to and must have the extra time or they will get great deal of stress from both everyday life and work. So , when we ask do people have free time, we will say absolutely sure. People is human not a robot. Then we inquire again, what kind of activity do you have when the spare time coming to you of course your answer will probably unlimited right. Then do you ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the particular book you have read is actually How's Your Soul? Study Guide with DVD: Why Everything that Matters Starts with the Inside You.

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Playing with family in the park, coming to see the marine world or hanging out with buddies is thing that usually you have done when you have spare time, and then why you don't try matter that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love How's Your Soul? Study Guide with DVD: Why Everything that Matters Starts with the Inside You, you may enjoy both. It is very good combination right, you still would like to miss it? What kind of hang type is it? Oh can happen its mind hangout folks. What? Still don't buy it, oh come on its known as reading friends.

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