

HOW TO REFRESH YOUR SOUL

It isn't hard to look around and see that people's souls aren't flourishing. Anxiety, isolation, and depression are running rampant, and that's despite having more opportunities to connect than we've ever had before — whether online or in person. What's missing? In the midst of all the technology, stress, and struggle, is it still possible to experience God's peace and presence?

This episode will empower you to unplug from the world around you so you can connect to the God who loves and wants to refresh you.

ARE THE PRACTICES OF PRAYER AND SOLITUDE A REGULAR PART OF YOUR LIFE?

WHEN IT COMES TO THE TECHNOLOGY THAT IS A PART OF YOUR LIFE, HOW WOULD YOU DESCRIBE YOUR RELATIONSHIP WITH IT ALL?

HOW CAN YOU PRIORITIZE THE INTIMACY OF YOUR RELATIONSHIP WITH GOD?

SCRIPTURES REFERENCED:

LUKE 5:12-16 • 3 JOHN 2
ONE THING I ASK OF THE LORD... (PSALM 27:4) • PSALM 46:10