



SUN GROVE CHURCH

Soul Full

- We are physical beings with physical hunger; AND, we are spiritual beings with spiritual hunger.
- “Our hearts are restless, until they can find rest in you.” (Augustine)
- Matthew 4:1-11 (Jesus tempted in the wilderness)
- Jesus is our pattern for living—Jesus shows us what really satisfies.
 - Not by bread alone (lust of the flesh).
 - Not by human approval (boastful pride of life).
 - Not by worldly riches (lust of the eyes).
- Satan wants you to spiritually starve.
- Jesus shows us life to the full.
- Philippians 4:11-13 (Paul’s contentment in all circumstances)
- Your soul gets filled when you choose to be still.
- “Jesus declared, ‘I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.’” (John 6:35)
- Ancient Spiritual Practices: Silence/Solitude, Sabbath, Simplicity, Slowing Down. Pick one to practice!