

## Soul Projects - Stress (20 points)

The **purpose** of this soul project is for you to allow the Holy Spirit to evaluate the role of stress in your life. You will do this in light of Scripture and the content that you have learned in this class.

1. **Preliminary:** Before you start this Soul Project, do the following:

- Complete the assigned reading in your text.
- Answer all the study guide questions on stress, including taking the stress test as assigned. Attach your study guides to the front of your soul project. Twenty five percent of your grade will be given for your study guide notes.
- Review your notes from our class.
- Read the material, “An Introduction to Soul Projects/ What is a Soul Project?” that I have posted.

2. Start your soul project after you have completed all the preliminary material. Set aside a minimum of one hour for this activity. Take your Bible and a notebook or computer and find a place that is quiet and free from distractions. Copy the following header onto the top right corner of your page and record your starting time:

**Name:**

**Box:**

**Soul Project Title:**

**Date(s) Worked:**

**Time Started:**

**Ended:**

**Total Time Spent:**

**Make a journal of your thoughts as you progress through the steps below.**

(Record the titles to these steps in your journal so that I can find your answers.) Please do not write what you think I want to hear. Record your thoughts as you work through this soul project. I alone will read this. Share only what you feel comfortable sharing. Seventy five percent of your grade will come from the quality of your journal.

3. **Your Stress Level:** What circumstances or situations have caused stress in your life in the past? On a scale of 1 (no stress) to 10 (high stress,) where would you place your overall stress level now? What circumstances or situations are causing stress (positive or negative) in your life now? How does your body react to times of increased stress? How do you deal with times of increased stress? How well do you think that you handle stress?
4. **Invocation:** Quiet your soul before the Lord. (Psalm 46:10a NIV “Be still, and know that I am God.”) Invite the Holy Spirit to illuminate His word to you, to prompt you to remember what He wants you to remember, and to convict you of sin.
5. **Lectio (reading):** Read Psalm 34 and Phil 4:4-9 slowly and thoughtfully. Consider reading the passages repeatedly and/or reading them aloud. (After you have finished this Soul Project, you may consider memorizing these passages. I have. Later on, you may also want to read Psalm 46, Isaiah 26:3, Isaiah 40:28-31, Habakkuk 3:17-19, Matthew 11:28-30, John 14:27, and 2 Corinthians 10:5.)

6. **Meditatio (meditation):** Meditate on the passages. Perhaps you have read or heard these passages many times. If so, then try to look at them as if you were doing so for the first time. What is God trying to teach you from His word about stress?
7. **Contemplatio (contemplation):** How do these passages relate to *your life*? What is the Holy Spirit teaching you about this area of your life? Does He want to change your thinking and to renew your mind (Romans 12:2?) How? Does He want you to change your attitudes? How? Does He want you to change your actions? How? Is there anything else that He wants you to do?
8. **Oratio (prayer):** Pray the passage back to God. Where appropriate, offer up praise, thanksgiving, confession, and/or supplication.