



The 7 Soul Food Groups

for a well balanced spiritual diet



GOD AND I: enjoying an intimate relationship with God

short prayers, long prayers, meditation, enjoying creation Bible reading, worship, hanging out with Jesus, going for a walk with God, writing, drawing or singing your prayers, listening to God, enjoying God, trusting God, quiet times, learning more about God, reflecting on nature finding God in others etc

Luke 10 v 25 – 28 Phil 4 v 4 – 7 Psalm 103 v 1 - 5 Romans 8 v 31 – 39



HANGING OUT: cultivating healthy and authentic relationships

being as Jesus to others, learning how to care, encouraging others, speaking the truth in a spirit of love setting appropriate boundaries being kind, dealing well with conflict, enjoying and appreciating others being real, accepting differences, complimenting / correcting others forgiving etc

John 13v 34, 35 1 Corinthians 13 Matthew 5 v 23, 24 Colossians 3 v 12–14



SERVING OTHERS: using gifts and abilities in a life of sacrificial service

Helping, being generous with time, energies, talents or things, making sacrifices for the good of others, being Christ like in service, random acts of kindness, turning off the tele to give more time to your friends or family, developing excellence in the way you do things for others etc

Matthew 5 v 14 – 16 James 2 v 14 – 17 John 13 v 13 – 16



DOING CHURCH: belonging to and participating in a community of faith

Welcoming new people, being there, doing your part, inviting friends to come, encouraging and thanking others who serve in the church, being loyal to your church, making the church a better place to belong to, really worshipping, joining a Bible study group, befriending all ages etc

1 Corinthians 12 v 27 Ephesians 2 v 19 and 22 Colossians 1 v 17 – 18 Hebrews 10 v 24 – 25



LIVING LIFE: being sustained, recharged and empowered by the Holy Spirit

Soaking up God's love for you, counting your blessings, playing, retreats, getting your priorities right, resting, letting God comfort you in the tough times, being creative with God, feasting, stop worrying and trust God, running, surfing, dancing, moving in any way you enjoy as a spiritual exercise etc

John 10 v 10 Acts 1 v 8 Psalm 63 v 1 – 8 John 14 v 15 – 15 v 16



ON A MISSION: actively engaging in mission

being a good mate to your non church friends, sharing faith, praying for others, sponsoring a child through Compassion or World Vision, smiling, being kind, cleaning up the environment, sticking up for people who are being picked on, protesting against injustice, giving leadership in a kids or youth ministry etc

Matthew 28 v 19 – 20 Matthew 25 v 31 – 40 Romans 10 v 13 - 15



WHO I AM: developing a Christ-like character

living according to what you say you believe is right, following Jesus, knowing what Jesus is like and then trying to be like that too, Asking, "What would Jesus do?" in this situation and then doing it, being honest, having compassion, avoiding sin, being pure, counting on God's grace, etc

Galatians 5 v 16 – 25 Mathew 5 v 16 John 13 v 15 John 14 v 15 - 16

from The Growing Apostles movement and the resource book, "The Fridge"

Want to know more about having a balanced spiritual diet?
Ask your youth group leader, your Regional YACMU Worker or
Tom Kerr Tom.Kerr@yacmu.ucaqlld.com.au

The 7 **Soul Food** Groups for a well balanced spiritual diet

Everybody knows that what we eat makes a big difference to our **health**. Too much junk food, not enough of the right foods, crash diets, binge eating, not getting enough exercise; they're all bad for us.

On the other hand, when we do eat and exercise properly, our bodies respond well. We feel great both physically and emotionally. It's excellent to be fit and healthy!

In a similar way, our souls need proper nourishment and exercise too. We need a well-balanced diet consisting of all the seven essential spiritual food groups.

God and I	Enjoying an intimate relationship with God
Hanging Out	Cultivating healthy and authentic relationships
Serving Others	Using gifts and abilities in a life of sacrificial service
Doing Church	Belonging and participating in a community of faith
Living Life	Sustained, recharged and empowered by the Holy Spirit
On A Mission	Actively engaged in mission
Who I Am	Passionately developing a Christ-like character

