

SOUL CARE

Grounding in Christ



Grounding Week One



READ & MEDITATE ON GOD'S WORD

Suggested Places to Start



Psalms 18
Psalms 27
Psalms 46
Psalms 91
Psalms 139

**PAUSE AND REFLECT ON
GOD'S WORD FOR YOUR LIFE.
LET GOD'S WORD RENEW
YOUR SOUL.**