

# DAY 2

## SPIRITUAL VS. SOUL CARE

Should we separate our spiritual selves from our emotional selves when focusing on health? Pastor Craig Lawrence shares his perspective.

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“Beloved, I pray that you may prosper in all things and be in health,  
just as your soul prospers.” ([3 John 2, NKJV](#))

What does “spiritual healing” look like? Is spiritual care the same as soul care?

Spiritual care and soul care are very difficult to separate. When I first came to Christ, the focus was on the “spiritual man,” which seemed to me to be separate from the “emotional man.” I was told to be careful about my emotions, that they could get me into trouble.

I have found out that is truer than I could have known. Unfortunately, it was the opposite of what I understood then. My “spiritual man” suffered when my “emotional man” was neglected. I did not realize they are basically the same.

In *Emotionally Healthy Spirituality*, Peter Scazzero shares that “Emotional health and spiritual maturity are inseparable. It is not possible to be spiritually mature while remaining emotionally immature.” When I read this more than 10 years ago, it rocked my world. Now my life, family and church receive spiritual healing through nurturing the soul realm.

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### PRAYER + REFLECTION

1. Is there deeply spiritual, emotional soul care in your life?
2. Ask the Lord and others to give you wisdom in developing a plan for care that covers all areas in your life.
3. Pray that God will help you with an honest assessment of your whole being, so you can develop honest accountability.