



## Soul Searching (Soul Care Resources)

*Mindy Caliguire*

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# Soul Searching (Soul Care Resources)

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## **Soul Searching (Soul Care Resources)** Mindy Caliguire

Soul searching? We don't really like the sound of that. In fact, if we're honest, we come up with a lot of excuses and activities to help us avoid it. But ignoring it can be dangerous, even deadly, to your soul. This small book helps us do the hard--but good and necessary--work of self-examination, taking an honest look inside, allowing the Holy Spirit to lead and guide and work. Soul Care® Resources are designed to be simple, but not simplistic, guides to maintaining or recovering the life and health of your soul, that essential personhood created by God as *you*. In these pages you will learn how to practice soul searching and discern God's voice. In the process, you'll come to know yourself better--both the sins that threaten the health of your soul, as well as your unique gifts and abilities and the new places God might be calling you to. You use this book in small chunks of daily reading, covering the whole book in the course of four weeks. Also included are four guided group discussions for use with a small group or a spiritual friend. Are you ready to take a good look at your soul?

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