SOULSHAPING® PASTORS COHORT

Schedule, Book Reading & Journal



THE SOULSHAPING® EXPERIENCE · OVERVIEW

The SoulShaping Pastors Cohort equips pastors and ministry leaders for their own spiritual vitality, and coaches them to build a culture of spiritual vitality in their staff, leaders, and congregation. It also prepares them to lead The SoulShaping® Experience, a 10-week, church-wide season of spiritual growth with Sunday messages, journals, videos, and small group questions.

Two 5-week blocks
10 GATHERINGS

90 minutes
PER SESSION

On Zoom
JOIN FROM ANYWHERE

GATHERING	TOPICS	THEME	BOOK: READ BEFORE NEXT	JOURNAL: BEFORE NEXT
Prep BEFORE GATHERING #1	• Introduction • Take the Symptoms of Soul Neglect assessment at loricaministries.org • Plan your schedule for cohorts and daily journaling	We profess to believe in God, but our words, thoughts and actions often dishonor God and embarrass us. We are theoretical believers, but functional atheists. Intentional soul care connects us with God in vital fellowship, cultivates spiritual awareness in our daily lives, and conforms us to God's image in Christ.	Introduction and Chapter 1 Chapter 6, "Redeem Your Time" Appendix C, "What I Mean by 'Soul'"	"Getting Started" and "Introduction: The Journal" Week 1, "Reflecting on Your Spiritual Life" (pp. 1–31)
Cohort #1 BLOCK ONE · #1	**Reflect on Your Spiritual Condition** • Role of journaling • Redeeming soul time	Take some time to consider your current spiritual lifestyle. Do you try to fit Christ into an already full life and ministry? Or is your life formed around Christ and soul care?	Chapter 2	Week 2, "Recognize the Symptoms of Soul Neglect"
Cohort #2 BLOCK ONE · #2	**Diagnose Your Spiritual Condition** • The cost of soul neglect • God makes; we shape.	It's not only what we do that hurts us most; it's what we fail to do. This gathering explores the symptoms of soul neglect, key indicators that we are ignoring our spiritual health. Failing to pay attention to our spiritual lives affects every aspect of life.	Chapter 3	Week 3, "Vital Signs of a Healthy Soul"