

Spiritual Health

Soul: Part 3

One of my favorite hymns that come to mind is “It is well with my soul.” This song is a spiritual marker in my life where I experienced the death and rebirth of my soul. The mind, the body and my soul are one. Any attack on any part results in my distress.

My mom was convinced that her pot of chicken soup was what anyone needed to provide healing for any ailment. To this day, I make chicken soup when Becky and/or I get sick and it seems to work. Whether, it actually has any value or truth is not the point. The truth is it is well with my soul. It is what I believe. It is my faith that knows if I knock the door will be opened. With God anything is possible.

In my first reflection we talked about how prayer affects the mind and in the second writing how prayer can heal the body but have you ever prayed specifically for your soul? I have learned through many trials that the welling up of my soul is a result of abiding in Christ. The feeding of mind with Word is a transforming knowledge that is well with your soul. It is a truth beyond all understanding yet “Out of his heart will flow rivers of living water.”

Let His living water into your soul.

Reflection by Steve Del Rio