



Soul Problems

Adapted from “Who are You Spiritually?” series by Sam Rijfkogel

I remember playing different sports depending on what season it was. My dad was in the military, so we moved often.

Every time we moved, and it came time to playing sports with the neighborhood kids, we would always meet in a large group. Once the captains were chosen, the captains would flip a coin and then choose teams.

As the new kid, no one was aware of my skills. As good as I thought I was, the new kid was always chosen near the bottom or last. I had my share of being chosen last, and it always fueled me to try hard and make them wish they would have chosen me first.

For years, my identity depended on me moving up the picking order from last to near the top.

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Unfortunately, we do not always outgrow the feeling of being chosen near the bottom. Often, we do things to prove we should have been noticed more—for the promotion, for the lead, for the status.

As an adult, I finally understand that I can allow my soul and faith to help inform my actions in a new environment.



“COURAGE” Level Questions

C1: When you examine your life, what single word comes to your mind to describe you?

C2: How has your background helped shape your self-identity?

C3: Are you living in a situation where you believe your circumstances will always be the way it is now? Do you believe your situation will never change?

C4: Do you ever believe you will never become the man you want to become? Or that your business will never be successful? Or you will never get the promotion?

“STRENGTH” Level Questions

When your life is lived out of your soul, you tend to live in a cave. When you live in a cave at least you can protect what you have. Gideon felt insignificant. Look at his story and answer the following.

Judges 6:11-16 (ESV)

S1: Do you ever find yourself living in a cave? What’s the name of your cave?

S2: What would help you to come out of your cave?

S3: When God deals with you, He likes to begin by speaking something to you about yourself that you would never say. God always tells us what He sees in us **not** where we are. We see this in **Judges 6:12 (ESV)**.




Reflect on the following:

S4: In life, where do you see yourself?

S5: Now, where does God see you?

S6: How important and powerful are the words you speak?

S7: What are you speaking about your life that you need to stop? What needs to continue? What needs to begin?



Our minds can play tricks on us. Read the following verse and answer the question.

Judges 6:13 (ESV)

S8: Look at these words below. Are you using these words to describe your situation? Use these words to start a sentence you're saying/thinking about yourself.

- If

- Why

- Where

- But

“ENDURANCE” Level Questions

When God looked at Gideon, He saw Superman. But, when Gideon looked at himself, all he could see was Clark Kent.

When Satan begins to play with your identity, you can no longer see what God sees about you.

E1: What do you see about your identity in the following areas?

- Self
- Husband
- Father
- Relationship with God
- Business
- Friend

Often in our identity cave, we think God has forsaken us. God reminds Gideon that He never left Gideon. It is during these times that we need to build an altar and have an encounter with God. You can see this in the following.

Judges 6:17-18; 22-24 (ESV)

E2: Where do you need to build an altar in your life?

E3: When is your encounter time with God?

E4: The greater level of your pursuit with God, the greater level your peace will be.

Read Matthew 11.28-30 (ESV)

E5: Where in your life do you need to encounter God?



E6: Where in your life do you need to submit your identity to God

- Home
- Relationships
- Vocation
- School

E7: How much time have you spent taking your issues to God? If none, when will you begin?


Anything that competes for the top spot in your life can become a god, or idol. Gideon was instructed to tear down the altars of the pagan gods. Read what God instructs Gideon.

Judges 6:25-26 (ESV)

E8: Which of these are (or have been) an “idol you’re your life? Check all the apply:

- Possessions
- People
- Power
- Places you live
- Business
- Titles

E9: Where and when will you tear down these altars? If you are studying in a group, challenge each other to hold each other accountable in these areas.



We tend to overestimate the opinion of others and underestimate the power of the enemy. Both of these tendencies taint our identity. Read and answer the following.

Judges 7:3-7 (ESV)

E10: In what areas in your identity development have you been careless?

- Things you read
- Things you watch
- Way you live
- People you hang around

E11: In what areas of your identity have you been a coward?



E12: What are the people around you talking to you about?

- You
- Your Family
- Your Business
- Your Church