

## It Is Well with My Soul

n/a

### **Ready:**

"Now without faith it is impossible to please God." — Hebrews 11:6

### **Set**

In 1996, Bob Carlisle penned a tune entitled "Butterfly Kisses" which became a popular wedding song. It brought tears to even the toughest of men. But many don't know that he also wrote a song entitled, "It is well with my soul." Check out these words:

"Oh, my life is filled with white-hot anxiety, though I think I wear it very well. I still worry 'bout what people might think of me if they every saw me past my outer shell. Believe me, I know how to worry. I've chewed my fingernails down to the bone. Oh, I've got my share of problems. Still it is well with my soul. Sometime I wrestle with my conscience. Still it is well with my soul."

Wow, did this guy jump inside the head of every coach on the planet? "White-hot anxiety..." Most of us spend every contest with this feeling buzzing inside. "Though I think I wear it very well..." Even so, we still try to look calm. But can we say, "Still it is well with my soul?" If not, then something must change...something had better change.

Jesus slept in a boat when the seas were rough. That's having it well with the soul. Stephen was being stoned to death and said, "Lord, do not charge them with this sin" (Ac 7:60), and then died a violent death moments later. That's having it well with the soul. David sprinted into battle against Goliath with no armor and one little slingshot, knowing God was leading. That's having it well with the soul.

To gain wellness with the soul takes nothing but faith. Faith is all-out belief. Faith is no-doubt action. Faith comes from practice. Are we developing faith? Are we doing what's necessary to make it a stronghold in our lives?

### **Go**

1. What brings you white-hot anxiety?
2. What are you doing to develop your faith?

### **Workout**

Extra Reading: Hebrews 11

### **Overtime**

Father, not many of us can sing this kind of song regularly. We let stuff invade and win the battle. Help us with our shortfalls in faith. Show me what I need to do to increase my faith. I want it to be well with my soul. Amen.

**Bible Reference:**

Hebrews 11



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