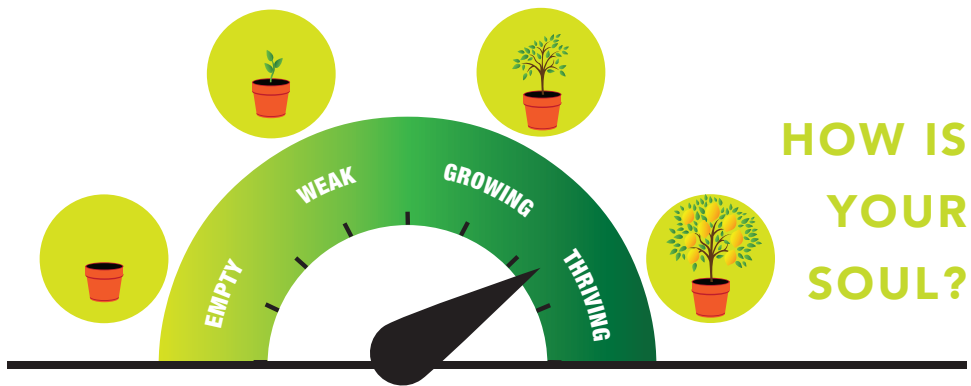


What a
SOUL
NEEDS



SOUL Fitness



Seven Summer Soul Care Ideas

- ✂ Spend ten minutes a day in Scripture and prayer
- ✂ Turn off the radio in the car and enjoy silence
- ✂ Take a prayer walk downtown or in your neighborhood
- ✂ Hike to a place of solitude and sit with God for 30 minutes
- ✂ Rest — schedule a good night's sleep and a day of rest
- ✂ Serve in a ministry of mercy
- ✂ Gather a few friends for a celebration or game

**Spend the summer investing in your soul's health
and see how your soul fitness rating changes!**