

# Reflections on the Soul

**Matthew 10:28-And do not fear those who kill the body but cannot kill the soul. But rather fear Him who is able to destroy both soul and body in hell.**

**Believers benefit by taking time to think carefully**



about the soul. The minds and hearts of believers are filled with many things. Many ideas and thoughts compete for the attention of the minds and hearts of believers.

**Being able to focus** on the soul is of primary importance. The Lord Jesus Christ cautioned to fear God so as not to have the soul and body destroyed.<sup>1</sup>

**Daily care of the soul** deserves the attention of believers. Daily nourishment of the soul

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deserves the attention of believers. Daily protection of the soul is required of believers.

**Conscious thought** about the soul is necessary. Believers take time to think about financial matters. Believers take time to think about food, clothing and bodily necessities.

**How much time** during a given day, given week, given month, given year do believers think about the soul? What does the lack of conscious attention to the soul reflect?

**In daily conversations** with known believers, how often is the soul a subject of conversation? Why does so little discussion about the soul occur outside the walls of the church?

**Given the amount** of baptized Christians, what percent of known believers spend time reading about the soul? Of those who read about the soul specifically, what is the average amount of time invested? What is done with the information obtained?

**How many people** pray specifically for the benefit of the soul? How many people read specifically for the benefit of the soul? How many people confess with consciousness about the soul? How many people partake of the Precious Body and Blood of Christ with the soul clearly in mind?

**When individuals** assign values to what is most important to them, where does the soul get listed? How many individuals list the soul as their first interest and concern?

**What steps can an individual** take to be more conscious of his or her soul? What sources of information are used for each believer's knowledge about the soul?

**Is the soul the subject** of discussions in the family home?

**Matthew 16:26-For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?**

<sup>1</sup> The Orthodox Study Bible, Thomas Nelson Publishing Company, Nashville, Tennessee, 1993, p.30.

**Jesus equates the value** of the soul with being equal to or greater than the whole world. How many people think of the soul having this kind of value?

**Believers have** the responsibility of maintaining fidelity to Christ. Believers are expected to live in accordance with the Profession of Faith in the Nicene-Constantinopolitan Creed.

**Believers are expected** to come to Holy Confession and Holy Communion. Believers are expected to pray with regularity daily, to read the Holy Scriptures and to attend the Divine Liturgy on Sundays and major feasts.

**The Church provides** a definite structure for individuals to maintain personal integrity and to seek the salvation of the soul. The Church provides a definite structure for nourishing the soul and protecting the soul.

**Individuals seeking** to learn more about the soul benefit from attending the Divine services of the Church. Individuals seeking to protect and nourish the soul

can draw from examples in the lives of the saints.



**Believers must contend** with thoughts, with impulses, with passions. Believers must maintain a certain discipline. Saying “no” to those impulses, passions and thoughts which can cause the soul to perish is an absolute must.

Saying “**yes**” to Christ at every possible moment is an absolute necessity. Consideration must be given to when an individual becomes conscious of the soul.

**Thought must be** given to the different mental abilities of individuals. Some people are very limited mentally and do not have the faculties to comprehend the presence of a soul. God will care for such individuals.

**For individuals** with minds capable of knowing of the soul and with knowledge about the presence of the soul, responsibilities exist. Certain environments foster care of the

soul. Certain environments put the soul at great risk.

**Individuals living** in households where God is of primary importance are more likely to experience behaviors among family members that encourage and strengthen Christian identification and practices.

**Individuals** living in environments where God is ridiculed and blasphemed are more likely to encounter behaviors contrary to fostering a healthy soul.

**Vigilance is always** necessary. Parents need to keep in mind the care of the souls of their children. Children observe parents and learn from them.

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