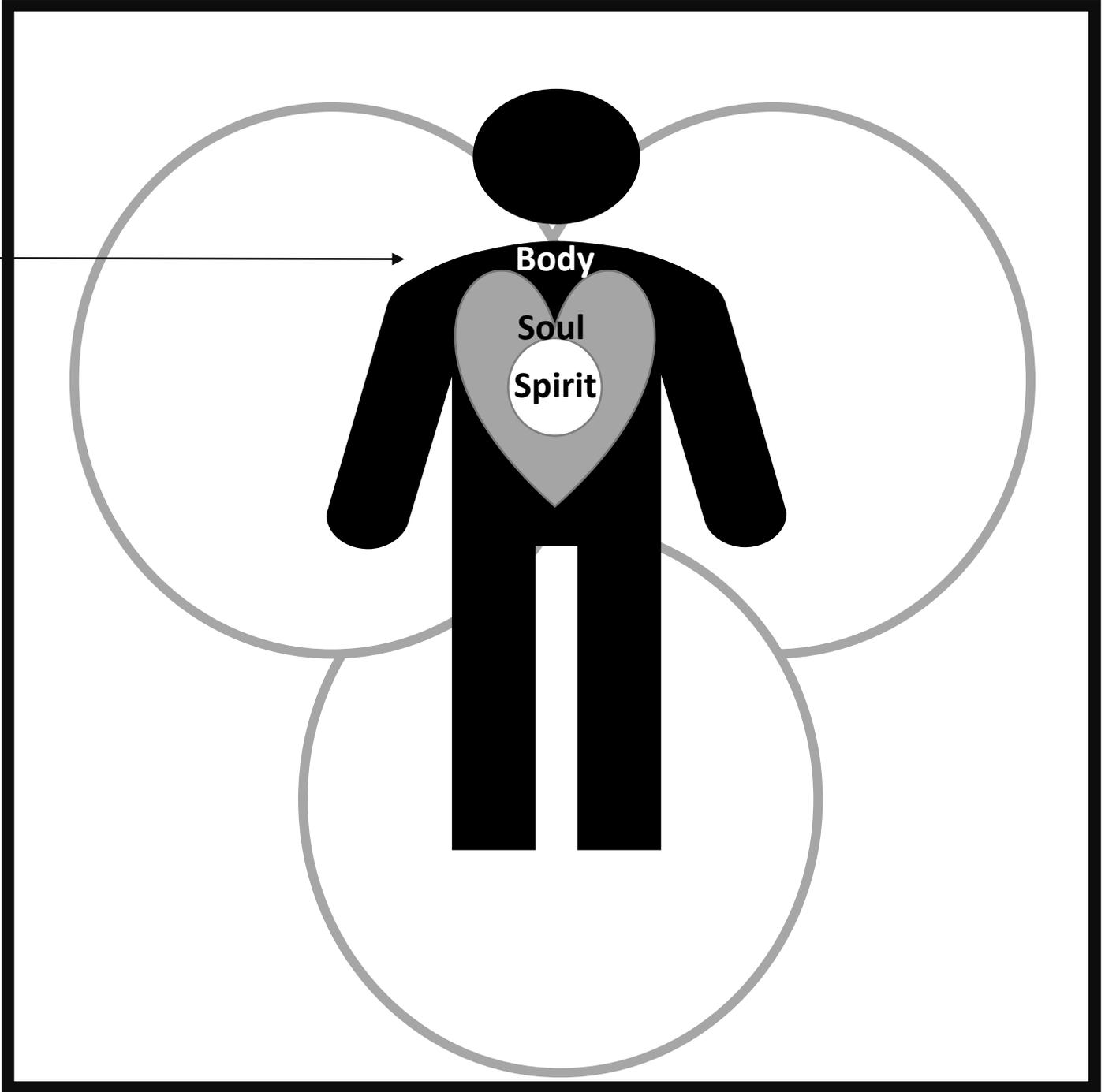
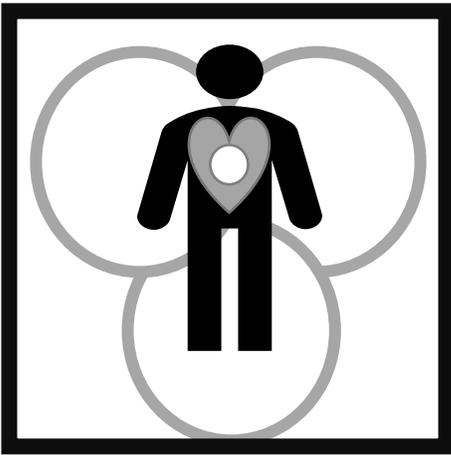


Wholeness of soul and spirit in times of disruption

Week 3

BODY





Week 3 – Activity 3 – Spirit and Soul Assessment

Reflection on **how your soul and spirit is doing.**

- In which moments do you feel that you can discern between your soul and your spirit?
- Which one do you think dominates your day and why would you say so?
- Do you have suppressed soul-thoughts or soul-emotions that needs to come out?
- Pray and thank God that he cares for your whole being and loves your body, soul and spirit!

In which moments do you feel that you can discern between your soul and your spirit?

Which one do you think dominates your day?

Do you have suppressed soul-thoughts or soul-emotions that needs to come out?

