

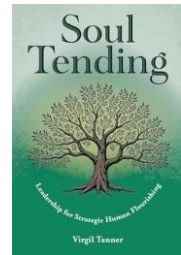


We Were Made To Thrive – Part 2

January 11, 2026

Pastor Bear Clifton

1. It's a question that's on almost everyone's mind. What is it?
2. Some of the lessons that the Lord taught me (PBC) last year about how to thrive in a time of sorrow and uncertainty:
3. What is the story behind the book *"Soul Tending"* by Virgil Tanner?
4. In trying to help his people learn to thrive in difficult situations, he landed on two ideas:



First, his people had to learn the art of "_____ - Care". What is this?

Second, his people had to learn the art of "_____ - Care". What is this?

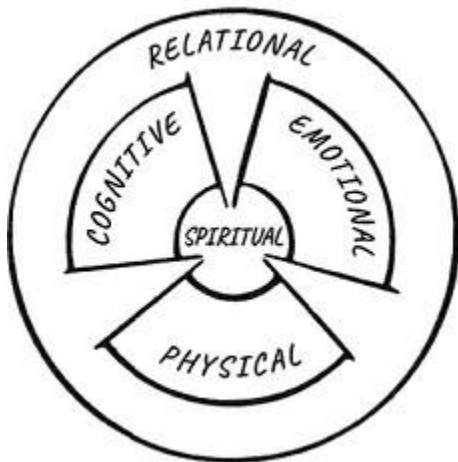
5. These ideas are imbedded in Scriptures such as Galatians 6:2-5. How do we know the difference between a burden we're to help others bear, and a load I'm to bear myself?

The loads we're to carry on our own are like _____.

The burdens we're to help others carry are like _____.

6. This was all nice in theory, but Tanner needed a practical plan to help flesh this out. For starters, Tanner observed that all the various stressors and traumas that were being experienced impacted those who were suffering at _____ of their being. Meaning what?

Tanner illustrates all of this in a useful diagram. Why does he place the various sections where he does?



How will knowing any of this help us to thrive?

3 TARGETS FOR SPIRITUAL GROWTH – THE KFC MODEL

"We have not ceased to pray for you, asking that you may...walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work, and increasing in the knowledge of God." - Colossians 1:9-10

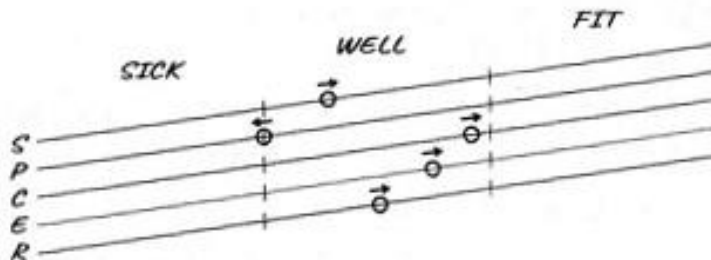
<p>What is the Lord teaching me? What Bible book or theme am I studying in my quiet times? What spiritual book (besides the Bible) am I reading? What have I been thinking about a lot?</p>	<p>KNOWLEDGE <i>"Grow in the grace and knowledge of our Lord and Savior Jesus Christ." – 2 Peter 3:18</i></p>
<p>How is the Lord using me to make a difference for good? Am I sharing my faith? Where am I using my gifts to serve the church and others? Am I nurturing my call and dreams?</p>	<p>FRUITFULNESS <i>"I chose you and appointed you that you should go and bear fruit and that your fruit should abide." – John 15:16</i></p>
<p>How is my heart? Am I emotionally healthy right now? How are my family and friendships? Where am I struggling? What victories have I enjoyed? What sins is the Lord working on in me?</p>	<p>CHRISTLIKENESS <i>"A new commandment I give to you, that you love one another; just as I have loved you." – John 13:34</i></p>

7. "Soul Tending" offers additional resources to help us make use of this material. One is a chart that works very similarly to a chart that we created for our Triads.

How are our triads meant to work?

Which of Tanner's 5 dimensions appear in our own chart?

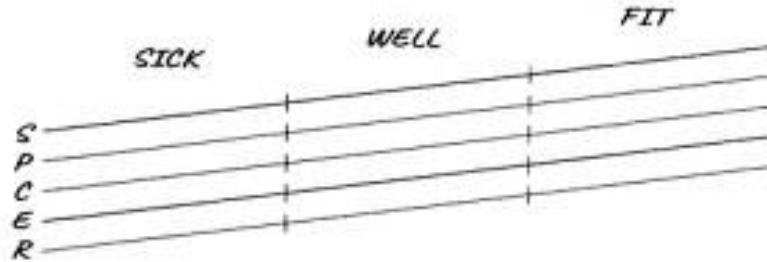
8. Tanner comes up with his own chart to help his people assess whether they're thriving or not. How is it meant to be used?



Your Homework / Soul Work

1. Self-Care

Assess where you sense you are at in each of the 5 Soul Dimensions. Place a mark where you believe you are currently at on the continuum. Then indicate with an arrow whether you believe you are moving toward greater thriving and health, or less.



In case you didn't complete this work last week, write out some answers to the following questions. (from *Soul Tending*).

- What were some of your most dominant thoughts this past year?
- What were some of your dominant emotions this past year?
- What did you notice in your body this past year? What felt strong? Weak? Tight? Painful? Off?
- How happy and supported did you feel in your most important relationships? What interactions or circumstances bring you to that answer?
- What have you discerned God saying to you or showing you this past year?
- What longings have you noticed in your heart this past year? Longings sometimes present with language like 'I miss,' or 'I wish,' or 'Wouldn't it be great if...?'

2. Community-Care – Write out some answers to the following questions.

- How would you assess Bridgeway's "Community-Care" capacity at present?
- How would you assess your participation in helping provide "Community-Care" to the wider church family?
- How would you assess your willingness to participate regularly in a "Community-Care" interaction (like a triad)? Are you willing to allow others to help bear your burdens?