

Summary of three main points of the author that impacted you.

1. A healthy and mature leader can lead a healthy church. As church leaders, we have to change to become a healthier leader by allowing God to access our inner soul and resolve our deep-seated issues. Dr. Reimer taught us to follow seven Soul Care Principles to change our lives and build our healthy soul. Self-awareness cannot guarantee our life change, but we cannot get there without it. First, we must build our lives on correct foundations, which means that our identities are rooted in God's radical love, not in what we have, what we do, and who we are. We must hold the truth that the issue of our values is settled at the cross. The indicator for standing on the faulty foundation is about our defensiveness when someone disagree with us. We need to reposition the true foundation underneath us.
2. We need to choose to walk in the light with God and others. Therefore, we have to bring all secrets and sins into the light of God. We need to cultivate Godly sorrow for true repentance. The family sin patterns need to be dealt with by admitting the family sin patterns, dealing severely with our sin patterns, practicing spiritual discipline, and meditating on the Scripture. Besides, we have to forgive those who sin against us. Bless our enemies and those who curse us. Although we will get hurt and suffer, God could heal our wounds, repair, and restore us. We have to choose act on faith by conquering our fear. God's perfect love drives out all fears. Finally, we can break the demonic strongholds of the enemy. Jesus has defeated all the enemy so that He can set us free.
3. Soul Care is the process to let us be more peaceful, more loving, and more Christlike. The seven principles should not be used once. They should be used for our daily process to renew our mind and make sure our identities are rooted in God's love. We keep walking in the light with God and others. This is a developmental process of using these kingdom principles in our lives so that we can be shaped and formed by Christ to become wholeness.

Reading Report- Soul Care

Interaction - how does the reading interact with your present or anticipated ministry context?

I am so glad to take this Soul Care course and read this book. For the Chinese congregation, we like to study the Scripture, pray, and worship; however, we did not live out the biblical truth because we cannot hold the truth. We change our external behavior but ignore to deal with our root issues within our lives. In my past church life, we welcome the work of the Holy Spirit to heal the wounds and cast out the demons. However, I found that we taught less about the issues of identity, true repentance, emotional wounds and overcoming fears. Chinese Christians experienced serious issues of identity because of our Asian cultural background. It is hard for us to know that we are being loved by God without conditions so that we are easy to become performance-oriented people. Forgiveness was not completely or correctly taught. We did not know the difference between forgiveness and reconciliation so that we did not set appropriate boundary to keep both respect and dignity. Most of Chinese Christians in our church are new immigrants and Christians of the first generation, they are ministered to cast out demons involved in the idol worship. However, I found that most expelled demons are lower level evil spirits. In addition, we never talked about the issues of fears and taught how to conquer the fears so that church stop growing in recent years because of without acting on faith.

My husband and I are responsible for evening worship. I would like to teach my coworkers to follow these seven Soul Care principles to life change. Unless we allow God to access our darkness more deeply to bring out transformation, we cannot be truly set free and act on faith to expand the kingdom of God.

How will this book impact your theology and praxis of soul care? And How has the book impacted your life personally?

Reading Report- Soul Care

Sometimes, I struggle with the lie that my value is dependent on my performance. My parents are teachers and they want us to have good academic performance at school. The school teachers will give us punishment if we did not receive perfect score. In the Asian culture, excellent academic education is regarded as one of the major means for upward social and economic mobility. I went to the best girls' high school after passing through the very competitive entrance exams, which let me receive the greatest honor from my parents and other relatives. Thus, after a bad performance or some criticism, I felt discouraged, even a little depressed. Now, I know that the issue that my value is not determined by my performance. God loves me without any condition. God always loves me no matter what I do well or not. The second lie that I believe is the people-pleasing lie. My value is dependent on whether some people with authority such as my senior pastor, love or like me. When people disagree with me, I think I don't care what people think if I don't care this person. In fact, I did care what people thought. I want people to love me, and if they don't love me, it seems like something is wrong with me. Yes, my pastor's approval let me feel good about myself because I believe this lie of seeking his affirmation. When my pastor is upset with me or disagrees with me with bad attitude and criticism, I will defend and be hurt by his criticism. I feel anxious. The issue of my value is not dependent on whether people love me or not. God does not love me more when people are on my side and pleased with me. He does not love me any less when I am scorned, mocked, slandered, and mistreated. The issue of my value is dependent on whether I am in control. I confess that I want to control the outcomes of the things I care about. If I work hard and produce good results, I feel good. If the outcome of this thing did not achieve my expectation, I feel irritable and angry. I know that the issue of my value is not determined by whether or not I am in control.

Reading Report- Soul Care

The truth is that nothing can separate from the love of God in Christ. My value is settled at the cross. I must hold the truth all the time.

With integrity, I have read this book	Thoroughly and Entirely— <u>100</u> %
	Quickly but Completely— <u> </u> %
	Thoroughly but NOT Entirely— <u> </u> %
	Quickly and NOT Completely— <u> </u> %
	Not at all— <u> </u> %