

1. If your soul had a “health meter” right now, where would it be: thriving, steady, tired, or struggling?

2. Read **Psalm 42**

What emotions or struggles do you see the psalmist experiencing in this chapter? What images or phrases stand out to you the most in **Psalm 42**? In **verse 5** and **verse 11**, the psalmist asks his soul a question. Why do you think he speaks directly to his own soul?

The sermon identified three common threats: Worryness (frets), Wariness (fears), Weariness (fatigue) - Where do you see evidence of these threats in Psalm 42? Which of these do you think is most common in people’s lives today?

What do you think it means that the soul “pants for God” like a deer for water? What are some things people try to use as substitutes for God?

3. The message suggested a rhythm for cultivating soul health.

Which of these rhythms would most help your soul right now?

What is one practical step you could take this week to pursue God more intentionally?

nbchurchcf.org

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Current Series

Is It Well With YOUR SOUL?

WELCOME

WELCOME GUESTS

March 08, 2026

WORSHIP ORDER

- FREEDOM
- WELCOME
- GREETING
- WHO YOU SAY I AM
- OFFERING
- THE HEART OF WORSHIP
- I SURRENDER
- MESSAGE
- IT IS WELL
- SEND OFF AND PRAYER



NORTHAMPTON
BIBLE CHURCH

Love God | Love People | Make Disciples

UPCOMING

SUNDAY MORNING PRAYER – 8:30

If you would like to take part in praying for Sunday mornings and each other, join us in the Café.

PRAYER CHAIN - Please contact Marcia Peters at care@nbchurchcf.org if interested in joining Northampton's prayer chain. If you have prayer request needs, please email them to care@nbchurchcf.org or if you don't email, www.nbchurchcf.org/prayer/.

CARE MINISTRY

If you, or someone you know, has a need for prayer, meals, or other assistance, please fill out a request card located at the back of the church and drop it in the collection basket or email your request to care@nbchurchcf.org.

CHILDREN'S MINISTRY

CM is in need *of individually-wrapped bags of Easter candy*. See Kellie Sturm with any questions

SOUND & TECH TEAM

Help is needed to build our team - running lyric slides, supporting the worship team on the sound board, or working with cameras and lighting. We will train you. If interested, please reach out to Dawn Souza in person or by email at dsouza@nbchurchcf.org.

BLESSING BAGS

Please note! – We will be assembling Blessing Bags **TODAY** right after church in the Fellowship Hall.

CRAFT AND CONNECT

Tomorrow, 6:00-8:00pm -Youth Room
All skill levels welcome! See Olivia Anglin or Jeni Gilbreath for more info.

MEN'S BREAKFAST

Saturday, March 14, 8:00.
Please sign up at the Connection Wall.

SPRING CLEANUP - Our church is planning a spring cleanup on **March 14 at 9:30, after the Men's Breakfast.**

Please help us prepare our church for Easter Sunday guests. Please see John Fisher for more information.

VBS VOLUNTEER MEETING

Following the service on March 15.
If you would like to help with VBS this year, plan to stay briefly after church on the 15th!

GOOD FRIDAY SERVICE

Mark your calendars to join us for an immersive encounter at 6:00pm.

EASTER SUNDAY BREAKFAST

9:30am – Seats are limited; please register in the Church Center App to reserve a seat.

BAPTISM / PARTNERSHIP

Easter Sunday, April 5 - If you are interested in Baptism and/or Partnership at Northampton, please fill out the form in the Church Center App.

MESSAGE NOTES

Pastor Joe Pryor

Soul health - ongoing, honest appraisal of _____, through an ongoing, honest acceptance of _____.

The _____ of the soul
Psalm 42:3a, 3b and 10, 4 and 6, 7, 9

W _____

W _____

W _____

The _____ of the soul

G _____ (vv.1-2)

The L _____ (v.8)

H _____ (vv.5,11)

Cultivating a rhythm of soul health:

One _____

One _____

One _____

One _____



Check out classes and next steps: www.nbchurchcf.org/nextsteps/



Next week: **Unexpected King**
The Humble King | Luke 4