

An open book with a yellow decorative overlay containing text. The book is open, showing the pages and the binding. The yellow overlay is a decorative shape with a scalloped border, containing the text 'Soul Food' and 'Psa. 104:1-5'. The background is a soft, out-of-focus green and yellow gradient.

Soul Food

Psa. 104:1-5



Psa. 104:1 **Bless the LORD, O my soul.** O LORD my God, thou art very great; thou art clothed with honour and majesty.

2 Who coverest *thyself* with light as *with* a garment: who stretchest out the heavens like a curtain:

3 Who layeth the beams of his chambers in the waters: who maketh the clouds his chariot: **who walketh upon the wings of the wind:**

4 Who maketh his angels spirits; his ministers a flaming fire:

5 *Who* laid the foundations of the earth, *that* it should not be removed for ever.

What is “the soul” and how can we cultivate it? Recently, I read an article by Richard John Neuhaus, entitled THE “SOUL” OF A NATION. Neuhaus was a protestant clergyman who converted to Catholicism. He was known as a conservative, somewhat like Bill Bennett. He wrote the following:





It is an American Protestant trait to forget that, in the biblical image, the Church is not the soul of Christ but the body of Christ. With this in mind, we can better understand the argument of the literary and cultural critic Harold Bloom that “the American religion” is gnosticism.

Religious gnosticism goes hand in hand with ecclesiological docetism. Docetism was an early Christian heresy holding that Christ only seemed to have a human body and to have suffered and died on the cross. Ecclesiological docetism is the idea of an “invisible Church.” ...But the invisible Church affirmed by many is largely divorced from the Christian story through the centuries and becomes an ethereal and free-floating community untethered from the actual community of the Church in time that is, as Newman would say, not notional but real.

<http://www.firstthings.com/web-exclusives/2008/09/the-soul-of-a-nation>

What is “the soul” of America or the soul of any entity? According to the dictionary...

SOUL (noun)

1. The principle of life, feeling, thought, and action in humans, regarded as a distinct entity separate from the body, and commonly held to be separable in existence from the body; the spiritual part of humans as distinct from the physical part.

2. The spiritual part of humans regarded in its moral aspect, or as believed to survive death and be subject to happiness or misery in a life to come: *arguing the immortality of the soul.*





3. The disembodied spirit of a deceased person:
He feared the soul of the deceased would haunt him.
4. The emotional part of human nature; the seat of the feelings or sentiments.
5. A human being; person.
6. High-mindedness; noble warmth of feeling, spirit or courage, etc.
7. The animating principle; the essential element or part of something.

<http://dictionary.reference.com/browse/soul?s=t>

According to a Philosopher

“Ancient Theories of Soul”

From comparatively humble Homeric beginnings, the word ‘soul’ undergoes quite remarkable semantic expansion in sixth and fifth century usage. By the end of the fifth century — the time of Socrates' death — soul is standardly thought and spoken of, for instance, as the distinguishing mark of living things, as something that is the subject of emotional states and that is responsible for planning and practical thinking, and also as the bearer of such virtues as courage and justice. Coming to philosophical theory, we first trace a development towards comprehensive articulation of a very broad conception of soul, according to which the soul is not only responsible for mental or psychological functions like thought, perception and desire, and is the bearer of moral qualities, but in some way or other accounts for all the vital functions that any living organism performs.



This broad conception, which is clearly in close contact with ordinary Greek usage by that time, finds its fullest articulation in Aristotle's theory. The theories of the Hellenistic period, by contrast, are interested more narrowly in the soul as something that is responsible specifically for mental or psychological functions. They either de-emphasize or sever the ordinary-language connection between soul and life in all its functions and aspects.

<http://plato.stanford.edu/entries/ancient-soul/>



According to a Rabbi

Soul – According to a Rabbi

A soul is like a chain with one end linked into the brain and the other to a certain spiritual source. There are five levels of the soul like the five links in a chain, each one parallel to the spiritual sphere where it exists. However, we only relate to the three bottom links as we have no understanding about the two top ones. The three are 1) *Nefesh* 2) *Ruach* 3) *Neshama*. The *nefesh* is the spiritual existence which resides in the body and keeps the physical metabolism working and the person alive. The *ruach* is a connection between the *neschama* and the *nefesh*. It is the cause of feelings and personal qualities. The *neschama* is the spiritual existence which pulls the man towards G-d, to the performance of good deeds, to be pious and humble and to seek knowledge and achievement in spiritual fields. It resides around the head.



When a person dies, it takes seven days before the parts of the soul understand that it's all over and leave the body. Until then they hover around the grave and travel to and fro between the grave and the house of the deceased, waiting for the body to start functioning again. The *nefesh* does not completely leave until the body is decomposed.

http://ohr.edu/ask_db/ask_main.php/220/Q4/





Five Levels

- *Nefesh* (soul) *Nefesh* is the soul as the engine of physical life.
- *Ruach* (spirit) *Ruach* is the emotional self and "personality."
- *Neshamah* (breath) *Neshamah* is the intellectual self.
- *Chayah* (life) *Chayah* is the supra-rational self--the seat of will, desire, commitment and faith.
- *Yechidah* (singularity) *Yechidah* connotes the essence of the soul--its unity with its source, the singular essence of G-d.

http://www.chabad.org/library/article_cdo/aid/3194/jewish/What-is-a-Soul.htm



According to the Bible: (Nefesh)

Gen. 2:7 And the LORD God formed man *of* the dust of the ground, and breathed into his nostrils the breath of life; and **man became a living soul.**

De 4:29 But if from thence thou shalt seek the LORD thy God, thou shalt find *him*, if thou seek him with all thy heart and with all thy **soul.**

De 6:5 And thou shalt love the LORD thy God with all thine heart, and with all thy **soul**, and with all thy might.

De 10:12 And now, Israel, what doth the LORD thy God require of thee, but to fear the LORD thy God, to walk in all his ways, and to love him, and to serve the LORD thy God with all thy heart and with all thy **soul**,



Josh. 22:5 But take diligent heed to do the commandment and the law, which Moses the servant of the LORD charged you, to **love the LORD your God**, and to walk in all his ways, and to keep his commandments, and to **cleave** unto him, and to **serve him with all your heart and with all your soul**.

Psa. 19:7 The law of the LORD *is* perfect, converting the **soul**: the testimony of the LORD *is* sure, making wise the simple.

Psa. 35:9 And my **soul** shall be joyful in the LORD: it shall rejoice in his salvation.

Psa. 77:2 In the day of my trouble I sought the Lord: my sore ran in the night, and ceased not: **my soul refused to be comforted**.

Psa. 88:3 For **my soul is full of troubles**: and my life draweth nigh unto the grave.

Psa. 94:19 In the multitude of my thoughts within me **thy comforts delight my soul**.

SOUL – CAST DOWN

Ps 42:5 **Why art thou cast down, O my soul?** and *why* art thou disquieted in me? hope thou in God: for I shall yet praise him *for* the help of his countenance.

Ps 42:6 O my God, my **soul** is cast down within me: therefore will I remember thee from the land of Jordan, and of the Hermonites, from the hill Mizar.

Ps 42:11 Why art thou cast down, O my **soul**? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, *who is* the health of my countenance, and my God.

Ps 43:5 Why art thou cast down, O my **soul**? and why art thou disquieted within me? hope in God: for I shall yet praise him, *who is* the health of my countenance, and my God.



SOUL VEXED

Jud. 16:16 And it came to pass, when she pressed him daily with her words, and urged him, so that his **soul** was **vexed** unto death;

2 Kings 4:27 And when she came to the man of God to the hill, she caught him by the feet: but Gehazi came near to thrust her away. And the man of God said, Let her alone; for her **soul is vexed** within her: and the LORD hath hid *it* from me, and hath not told me.

Job 19:2 How long will ye **vex** my **soul**, and break me in pieces with words?

Job 27:2 As God liveth, *who* hath taken away my judgment; and the Almighty, *who* hath **vexed** my **soul**;

Psa. 6:3 My **soul** is also sore **vexed**: but thou, O LORD, how long?

Eccl. 6:9 Better *is* the sight of the eyes than the wandering of the **desire**: this *is* also vanity and **vexation** of spirit.

2 Pet. 2:8 (For that righteous man dwelling among them, in seeing and hearing, **vexed** *his* righteous **soul** from day to day with *their* unlawful deeds;



ALL THY SOUL

De 4:29 But if from thence thou shalt seek the LORD thy God, thou shalt find *him*, if thou seek him with all thy heart and with **all thy soul**.

De 6:5 And thou shalt love the LORD thy God with all thine heart, and with **all thy soul**, and with all thy might.

De 10:12 And now, Israel, what doth the LORD thy God require of thee, but to fear the LORD thy God, to walk in all his ways, and to love him, and to serve the LORD thy God with all thy heart and with **all thy soul**,

De 26:16 This day the LORD thy God hath commanded thee to do these statutes and judgments: thou shalt therefore keep and do them with all thine heart, and with **all thy soul**.






De 30:2 And shalt return unto the LORD thy God, and shalt obey his voice according to all that I command thee this day, thou and thy children, with all thine heart, and with **all thy soul**;

De 30:6 And the LORD thy God will circumcise thine heart, and the heart of thy seed, to love the LORD thy God with all thine heart, and with **all thy soul**, that thou mayest live.

De 30:10 If thou shalt hearken unto the voice of the LORD thy God, to keep his commandments and his statutes which are written in this book of the law, *and* if thou turn unto the LORD thy God with all thine heart, and with **all thy soul**.

Mt 22:37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with **all thy soul**, and with all thy mind.



Mr 12:30 And thou shalt love the Lord thy God with all thy heart, and with **all thy soul**, and with all thy mind, and with all thy strength: this *is* the first commandment.

Lu 10:27 And he answering said, Thou shalt love the Lord thy God with all thy heart, and with **all thy soul**, and with all thy strength, and with all thy mind; and thy neighbour as thyself.

Psuché in the New Testament

psuché: breath, the soul

Original Word: ψυχή

Transliteration: psuché

Phonetic Spelling: (psoo-khay')

Definition: (a) the vital breath, breath of life, (b) the human soul, (c) the soul as the seat of affections and will, (d) the self, (e) a human person, an individual.

<http://biblehub.com/greek/5590.htm>

Psuché translated as “life”

Mt 2:20 Saying, Arise, and take the young child and his mother, and go into the land of Israel: for they are dead which sought the young child's **life**.

Mt 6:25 Therefore I say unto you, Take no thought for your **life**, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the **life** more than meat, and the body than raiment?

Mt 10:39 He that findeth his **life** shall lose it: and he that loseth his **life** for my sake shall find it.

Mt 16:25 For whosoever will save his **life** shall lose it: and whosoever will lose his **life** for my sake shall find it.

Mt 20:28 Even as the Son of man came not to be ministered unto, but to minister, and to give his **life** a ransom for many.





Mr 3:4 And he saith unto them, Is it lawful to do good on the sabbath days, or to do evil? to save **life**, or to kill? But they held their peace.

Mr 8:35 For whosoever will save his **life** shall lose it; but whosoever shall lose his **life** for my sake and the gospel's, the same shall save it.

Mr 10:45 For even the Son of man came not to be ministered unto, but to minister, and to give his **life** a ransom for many.

Lu 6:9 Then said Jesus unto them, I will ask you one thing; Is it lawful on the sabbath days to do good, or to do evil? to save **life**, or to destroy *it*?

Lu 9:24 For whosoever will save his **life** shall lose it: but whosoever will lose his **life** for my sake, the same shall save it.

Lu 12:22 And he said unto his disciples, Therefore I say unto you, Take no thought for your **life**, what ye shall eat; neither for the body, what ye shall put on.



Lu 12:23 The **life** is more than meat, and the body *is more* than raiment.

Lu 14:26 If any *man* come to me, and hate not his father, and mother, and wife, and children, and brethren, and sisters, yea, and his own **life** also, he cannot be my disciple.

Lu 17:33 Whosoever shall seek to save his **life** shall lose it; and whosoever shall lose his life shall preserve it.

Joh 10:11 I am the good shepherd: the good shepherd giveth his **life** for the sheep.

Joh 10:15 As the Father knoweth me, even so know I the Father: and I lay down my **life** for the sheep.

Joh 10:17 Therefore doth my Father love me, because I lay down my **life**, that I might take it again.

Joh 12:25 He that loveth his **life** shall lose it; and he that hateth his **life** in this world shall keep it unto life eternal.



Joh 13:37 Peter said unto him, Lord, why cannot I follow thee now? I will lay down my **life** for thy sake.

Joh 13:38 Jesus answered him, Wilt thou lay down thy **life** for my sake? Verily, verily, I say unto thee, The cock shall not crow, till thou hast denied me thrice.

Joh 15:13 Greater love hath no man than this, that a man lay down his **life** for his friends.

Ac 20:10 And Paul went down, and fell on him, and embracing *him* said, Trouble not yourselves; for his **life** is in him.

Ac 20:24 But none of these things move me, neither count I my **life** dear unto myself, so that I might finish my course with joy, and the ministry, which I have received of the Lord Jesus, to testify the gospel of the grace of God.



Ac 27:22 And now I exhort you to be of good cheer: for there shall be no loss of *any man's* **life** among you, but of the ship.

Ro 11:3 Lord, they have killed thy prophets, and digged down thine altars; and I am left alone, and they seek my **life**.

Ro 16:4 Who have for my **life** laid down their own necks: unto whom not only I give thanks, but also all the churches of the Gentiles.

Php 2:30 Because for the work of Christ he was nigh unto death, not regarding his **life**, to supply your lack of service toward me.

1Jo 3:16 Hereby perceive we the love *of God*, because he laid down his **life** for us: and we ought to lay down *our* lives for the brethren.

Re 8:9 And the third part of the creatures which were in the sea, and had **life**, died; and the third part of the ships were destroyed.

Psuché translated as “soul”

Mat 10:28 And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell.

Mat 12:18 Behold my servant, whom I have chosen; my beloved, in whom my soul is well pleased: I will put my spirit upon him, and he shall shew judgment to the Gentiles.

Mat 16:26 For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?

Mat 22:37 Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

Mat 26:38 Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me.





Mar 8:36 For what shall it profit a man, if he shall gain the whole world, and lose his own soul? 37 Or what shall a man give in exchange for his soul?

Mar 12:30, And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this [is] the first commandment. ... 33 And to love him with all the heart, and with all the understanding, and with all the soul, and with all the strength, and to love [his] neighbour as himself, is more than all whole burnt offerings and sacrifices.

Mar 14:34 And saith unto them, My soul is exceeding sorrowful unto death: tarry ye here, and watch.

Luk 1:46 And Mary said, My soul doth magnify the Lord,

Luk 2:35 (Yea, a sword shall pierce through thy own soul also,) that the thoughts of many hearts may be revealed.



Luk 10:27 And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.

Luk 12:19 And I will say to my soul, Soul, thou hast much goods laid up for many years; take thine ease, eat, drink, [and] be merry. 20 But God said unto him, [Thou] fool, this night thy soul shall be required of thee: then whose shall those things be, which thou hast provided?

Jhn 12:27 Now is my soul troubled; and what shall I say? Father, save me from this hour: but for this cause came I unto this hour.

Acts 2:27 Because thou wilt not leave my soul in hell, neither wilt thou suffer thine Holy One to see corruption. ... 31 He seeing this before spake of the resurrection of Christ, that his soul was not left in hell, neither his flesh did see corruption. ... 43 And fear came upon every soul: and many wonders and signs were done by the apostles.



Acts 3:23 And it shall come to pass, [that] every soul, which will not hear that prophet, shall be destroyed from among the people.

Acts 4:32 And the multitude of them that believed were of one heart and of one soul: neither said any [of them] that ought of the things which he possessed was his own; but they had all things common.

Rom 2:9 Tribulation and anguish, upon every soul of man that doeth evil, of the Jew first, and also of the Gentile;

Rom 13:1 Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God.

1Co 15:45 And so it is written, The first man Adam was made a living soul; the last Adam [was made] a quickening spirit.



2Co 1:23 Moreover I call God for a record upon my soul, that to spare you I came not as yet unto Corinth.

1Th 5:23 And the very God of peace sanctify you wholly; and [I pray God] your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

Heb 4:12 For the word of God [is] quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discerner of the thoughts and intents of the heart.

Heb 6:19 Which [hope] we have as an anchor of the soul, both sure and stedfast, and which entereth into that within the veil;

Heb 10:38 Now the just shall live by faith: but if [any man] draw back, my soul shall have no pleasure in him. 39 But we are not of them who draw back unto perdition; but of them that believe to the saving of the soul.



Jas 5:20 Let him know, that he which converteth the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins.

1Pe 2:11 Dearly beloved, I beseech [you] as strangers and pilgrims, abstain from fleshly lusts, which war against the soul;

2Pe 2:8 (For that righteous man dwelling among them, in seeing and hearing, vexed [his] righteous soul from day to day with [their] unlawful deeds;)

3Jo 1:2 Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

Rev 16:3 And the second angel poured out his vial upon the sea; and it became as the blood of a dead [man]: and every living soul died in the sea.

Rev 18:14 And the fruits that thy soul lusted after are departed from thee, and all things which were dainty and goodly are departed from thee, and thou shalt find them no more at all.

Psuché translated as “mind”

Phil. 1:27 Only let your conversation be as it becometh the gospel of Christ: that whether I come and see you, or else be absent, I may hear of your affairs, that ye stand fast in one spirit, with one **mind** <5590> striving together for the faith of the gospel;



Conclusion

2 Cor. 4:1 Therefore seeing we have this ministry, as we have received mercy, **we faint not;**

2 But have renounced the hidden things of dishonesty, not walking in craftiness, nor handling the word of God deceitfully; but by manifestation of the truth commending ourselves to every man's conscience in the sight of God.

3 But if our gospel be hid, it is hid to them that are lost:

4 In whom **the god of this world hath blinded the minds** of them which believe not, **lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.**

5 For we preach not ourselves, but Christ Jesus the Lord; and ourselves your servants for Jesus' sake.

6 For **God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ.**

7 But we have this **treasure in earthen vessels, that the excellency of the power may be of God, and not of us.**

