

# The Posture of The Soul



*“The posture of our soul toward others is to bless. Blessing is not just a word. Blessing is the projection of good into the life of another...blessing is done by the soul.”*

Dr. John Ortberg, *Soul Keeping*

I had just finished speaking at a wonderful pastor’s mini-retreat with nine pastors and ministry staff at North Church on the topic of soul care. Mike, the senior pastor, came to give some final words of thanks for me speaking just before I left the beautiful retreat. I came in somewhat soul fatigued, but hoped to encourage them. I felt the time was free flowing, engaging, and fruitful. The pastors were very receptive to the teaching on the ministry at a deep soul rest as God’s intention with his followers. Pastor Mike previously asked me to speak on our ministry of soul care for their staff personal renewal and encouragement as a ministry team. As I was in process of gathering my teaching materials, I shared somewhat jokingly about when we started 23 years ago. Back then no one knew what Genesis Institute was and confused us with other ministries. What unexpectedly came next profoundly blessed my soul.

In that moment pastor Mike said with great intention and passion, “That may have been true all those years ago, but that is not true today, Dave. I believe that Genesis Institute is one of the premier biblical counseling and training ministries in our city. Your ministry to Moody Bible Institute (MBI) all these years, this church, and to our family has been significant. You may not know for years Genesis impact around the world, especially with the MBI young leaders, but you should be encouraged by all that God is doing through this ministry.” I felt my depleted energy quickly come back on line. His very intentional words not only affirmed this important and challenging work we do, but even more, he purposefully projected good. He blessed my soul.

**“Blessing is the projection of good into the life of another....blessing is done by the soul ”**

We each have a profound need to be blessed by others. Sadly, this world more often operates out of Cursing, to intentionally inflict verbal harm, which leaves us feeling distressed. Recall the quote above with Dr. Ortberg, “Blessing is the projection of good into the life of another.” I have that need for blessing, and you have that need. I was a recipient of the pastors’ intentional blessing that I needed to experience that lifted my soul.

Not only are we hard wired by God to receive blessing by him, but also return this blessing to others. The beautiful, biblical passage on God’s blessing His people in Numbers 6:24-26 will touch your soul more deeply. It is written “The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.” As we live our daily lives in a graceless and distressing world, let us see a significant part of our mission as believers to become people of spiritual blessing. May our souls be postured toward blessing others, and be willing to daily find outlets to bless from our souls. God longs to bless us, and use us to become people of blessing! Go...and bless.

Warmly in Christ,

*Dave*

Executive Director