



ENVISION

Spiritual and soul awareness is key to pressing into what the Lord is forming and shaping in you. How is Jesus forming you to look like Him? As you prepare for your Envision experience, we want to kick start your experience with a set aside time to look inside at what is going on in our souls. You will be receiving a copy of **Soul Care: 7 Transformational Principles for a Healthy Soul by Dr. Rob Reimer**. Take time during your experience to begin to dive into these principles. They will take time and they will go deep but they will give you opportunity to find new levels of depth and intimacy with Jesus.

In these spiritual and soul awareness exercises, take time to listen to Rob introduce two key themes: **Identity** and **Spiritual Authority**. Following both talks, take time to journal, process, and dive into the reflection questions.

Tips for Soul Awareness Exercises:

- Do not rush – you may not get to every question, that's okay.
- Set aside time and space – make space for this away from distractions, technology etc. Sometimes these moments take time, space, intentional focus. Light a candle, grab a comfortable chair, go to a favorite park bench, or walk a beautiful trail.
- This is not an assignment--- this is not a school assignment, requirement, or achievement. This exercise is for you. What you put into it, is what you will get out of it. There is no one grading you, do this for you!
- Listen to the Spirit – what is the Lord saying to you in this moment? Maybe there was something else in Rob's talk that caused you to want to pause and reflect.

About Dr. Rob Reimer

Dr. Rob Reimer is a Professor of Pastoral Theology at Alliance Theological Seminary. He was the founder and lead pastor of South Shore Community Church in Brockton, Massachusetts for almost 22 years. Rob has authored Pathways to the King, River Dwellers, Soul Care and Deep Faith. He teaches in pastor's conferences around the world on subjects of renewal, spiritual leadership, and how to have a healthy soul. He has taught Soul Care to thousands of leaders globally. A powerful speaker, he is seeking to lead the Church toward renewal and restoration with unrelenting passion. Rob's message is one of pursuit – urging people to seek intimacy with God and the fullness of the Spirit.