Present Over Perfect

Four things a soul does not need:

1. A healthy soul does not need to perform.

God doesn't look at things like humans do. Humans see only what is visible to the eyes, but the Lord sees into the heart.

1 Samuel 16:7 (CEB)

As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!"

"Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

Luke 10:38-42 (NIV)

2. A healthy soul does not need to be busy.

Don't be selfish; don't try to impress others.

Philippians 2:3a (NLT)

Using a dull ax requires great strength, so sharpen the blade. That's the value of wisdom; it helps you succeed.

Ecclesiastes 10:10 (NLT)

3. A healthy soul does not need distractions.

There he went into a cave and spent the night.

And the word of the Lord came to him: "What are you doing here, Elijah?"

He replied, "I have been very zealous for the Lord God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."

The Lord said, "Go out and stand on the mountain in the presence of the Lord, for the Lord is about to pass by."

Then a great and powerful wind tore the mountains apart and shattered the rocks before the Lord, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper.

1 Kings 19:9-12

4. A healthy soul does not need to be in control.

Don't be anxious about anything; rather, bring up all of your requests to God in your prayers and petitions, along with giving thanks. Then the peace of God that exceeds all understanding will keep your hearts and minds safe in Christ Jesus.

Philippians 4:6-7 (CEB)

So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Matthew 6:34 (NLT)