

JUDAH SMITH

NEW YORK TIMES BESTSELLING AUTHOR OF *JESUS IS _____*.



HOW'S YOUR SOUL?



In the rush of living moment to moment, you may find yourself simply surviving. But if you take a moment to pause, you find the things that matter most—*stability, peace, hope, love*—are rooted in the health of the “inside you.” In this six-session video Bible study, Judah Smith helps you find your way through the roller coasters of life to discover the soul-healing essentials of *rest, responsibility, restraint, and relationships*. This is an invitation to find lasting satisfaction by bringing your feelings into alignment with God’s truth, moving beyond surviving to thriving, and learning how to live each day with eternal significance.