

# Soul Toxins

## *Session 2*



1. How would you describe the pace of your personal life? Is it manageable? Out of control? Exhilarating? Destructive?
2. How would you describe the pace of your ministry life?
3. What are the warning signs that you have been running too fast and too hard?
4. How do you respond to the statement "You cannot live life at warp speed without warping your soul."
5. Thomas Moore said "The vessel in which soul-making takes place is an inner container scooped out by reflection and wonder." How would you change or how would your team change if you took more time for unhurried reflection and wonder? What steps could you start taking to make that happen?