

A stone staircase with metal railings leading up through a dense forest. The path is flanked by lush green trees and foliage, creating a sense of a journey through nature. The lighting is soft and dappled, suggesting a shaded forest environment.

# The Way of Life

Vital Practices for Your Spiritual Journey



***“To be or not to be?” That is the question.”***







Eric L. Johnson

## Foundations for Soul Care

A CHRISTIAN

PSYCHOLOGY

PROPOSAL

**Humans are always engaging in self-talk that is typically habitual and serves to maintain current values and reflections. Therapy usually requires examining the ongoing conversations one is having with oneself.**

**—Eric Johnson**

WILLIAM BACKUS  
MARIE CHAPIAN

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# Telling Yourself the Truth

Find Your Way Out of Depression, Anxiety,  
Fear, Anger, and Other Common Problems by  
Applying the Principles of Misbelief Therapy

**Self-talk means the words we tell ourselves in our thoughts. It means the words we tell ourselves about people, self, experiences, life in general, God, the future, the past, the present; it is specifically, all of the words you say to yourself all the time.**

**—Backus & Chapan**

# Psalm 103

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<sup>1</sup> Praise the Lord, my soul;  
all my inmost being, praise his holy name.

<sup>2</sup> Praise the Lord, my soul,  
and forget not all his benefits—

<sup>3</sup> who forgives all your sins  
and heals all your diseases,

<sup>4</sup> who redeems your life from the pit  
and crowns you with love and compassion,

# Psalm 103

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<sup>5</sup> who satisfies your desires with good things  
so that your youth is renewed like the eagle's.

<sup>6</sup> The Lord works righteousness  
and justice for all the oppressed.

<sup>7</sup> He made known his ways to Moses,  
his deeds to the people of Israel:

<sup>8</sup> The Lord is compassionate and gracious,  
slow to anger, abounding in love.

# Psalm 103

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**<sup>9</sup> He will not always accuse,  
nor will he harbor his anger forever;  
<sup>10</sup> he does not treat us as our sins deserve  
or repay us according to our iniquities.  
<sup>11</sup> For as high as the heavens are above the earth,  
so great is his love for those who fear him;  
<sup>12</sup> as far as the east is from the west,  
so far has he removed our transgressions from us.**

# Psalm 103

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**<sup>13</sup> As a father has compassion on his children,  
so the Lord has compassion on those who fear him;**

**<sup>14</sup> for he knows how we are formed,  
he remembers that we are dust.**

**<sup>15</sup> The life of mortals is like grass,  
they flourish like a flower of the field;**

**<sup>16</sup> the wind blows over it and it is gone,  
and its place remembers it no more.**

# Psalm 103

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**<sup>17</sup> But from everlasting to everlasting  
the Lord's love is with those who fear him,  
and his righteousness with their children's children—**

**<sup>18</sup> with those who keep his covenant  
and remember to obey his precepts.**

**<sup>19</sup> The Lord has established his throne in heaven,  
and his kingdom rules over all.**

# Psalm 103

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**<sup>20</sup> Praise the Lord, you his angels,  
you mighty ones who do his bidding,  
who obey his word.**

**<sup>21</sup> Praise the Lord, all his heavenly hosts,  
you his servants who do his will.**

**<sup>22</sup> Praise the Lord, all his works  
everywhere in his dominion.**

**Praise the Lord, my soul.**



# 1. Definition

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Psalm 103:1-5

# 1. Definition

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## What is the practice of soliloquy?

- **“Soliloquy is a method of prayer whereby you speak to both God and your own soul as you hold it before him... This prayer is modeled after the psalmists who preach to their own souls in the presence of God.”**

**—Kyle Strobel, *Formed for the Glory of God: Learning from the Spiritual Practices of Jonathan Edwards***

# 1. Definition

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What is the practice of soliloquy?

- **The discipline of calling your soul to attend upon God**

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- **The regathering and refocusing of your faculties, thoughts, inclinations, affections, and desires on God.**

# 1. Definition

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## What is the practice of soliloquy?

- **The discipline of calling your soul to attend upon God**
- **The regathering and refocusing of your faculties, thoughts, inclinations, affections, and desires on God.**
- **This discipline of sanctified self talk is a weapon against “gospel amnesia.”**

A long, straight staircase with metal railings leading up through a dense forest. The stairs are made of stone or concrete and are flanked by metal railings. The forest is lush with green foliage, and the path leads towards a bright opening in the trees at the top of the stairs.

## 2. Illustration

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Psalm 103:1-5

## 2. Illustration

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### Soliloquy in Psalm 103

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and crowns you with love and compassion,

<sup>5</sup> who satisfies your desires with good things  
so that your youth is renewed like the eagle's.



**You see here a man talking to himself, a soul with all his soul talking to his soul. Every speaker should learn to soliloquise. His own soul is the first audience a good man ought to think of preaching to. Before we address ourselves to others we should lecture within the doors of our own heart.**

**—Charles Spurgeon**

## 2. Illustration

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### Soliloquy in Psalm 42

<sup>5</sup> Why, my soul, are you downcast?

Why so disturbed within me?

Put your hope in God,  
for I will yet praise him,  
my Savior and my God.

## 2. Illustration

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### Soliloquy in Psalm 77

<sup>6</sup> I remembered my songs in the night.

My heart meditated and my spirit asked:

<sup>7</sup> “Will the Lord reject forever?

Will he never show his favor again?

<sup>8</sup> Has his unfailing love vanished forever?

Has his promise failed for all time?

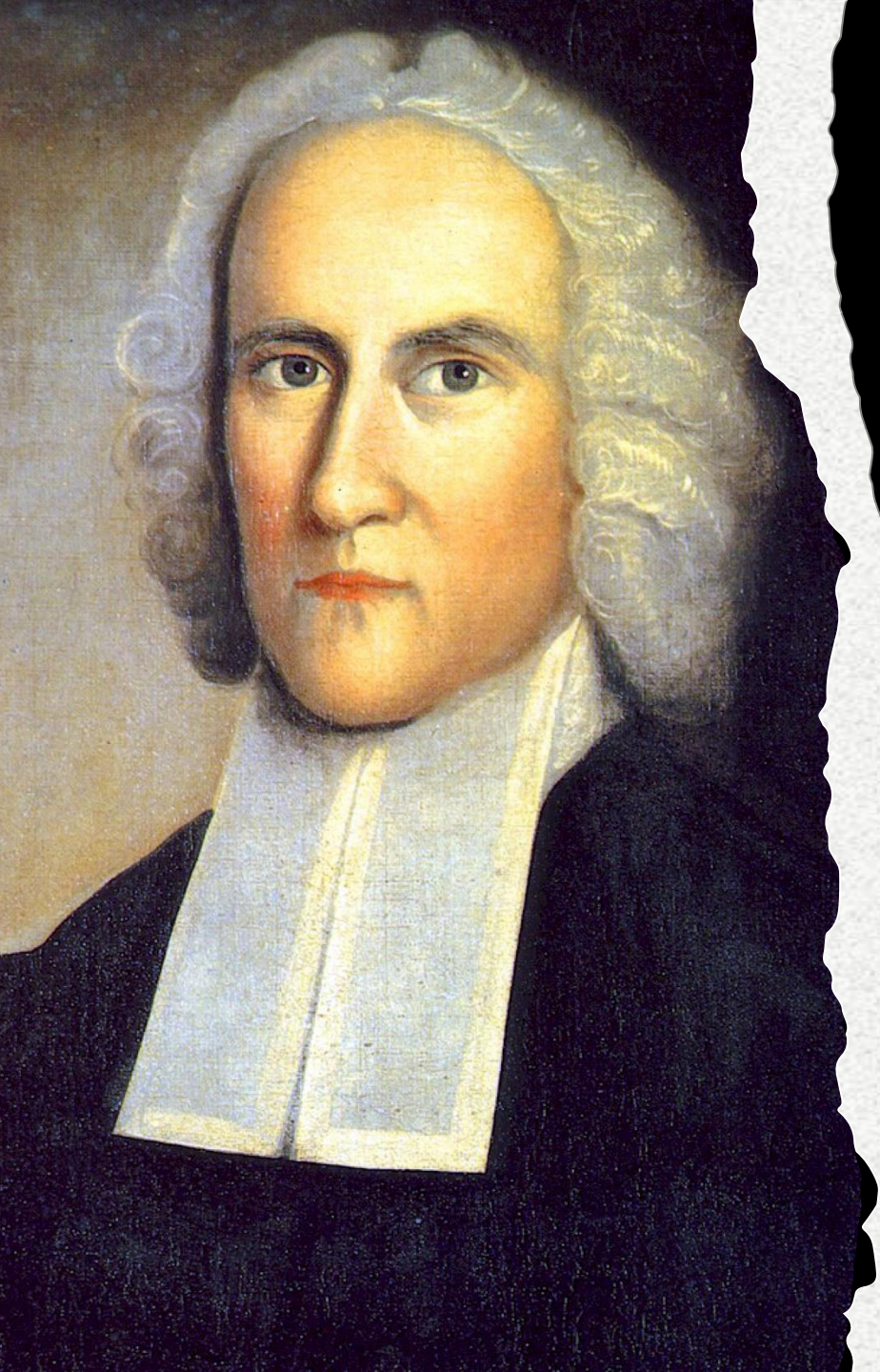
<sup>9</sup> Has God forgotten to be merciful?

Has he in anger withheld his compassion?”

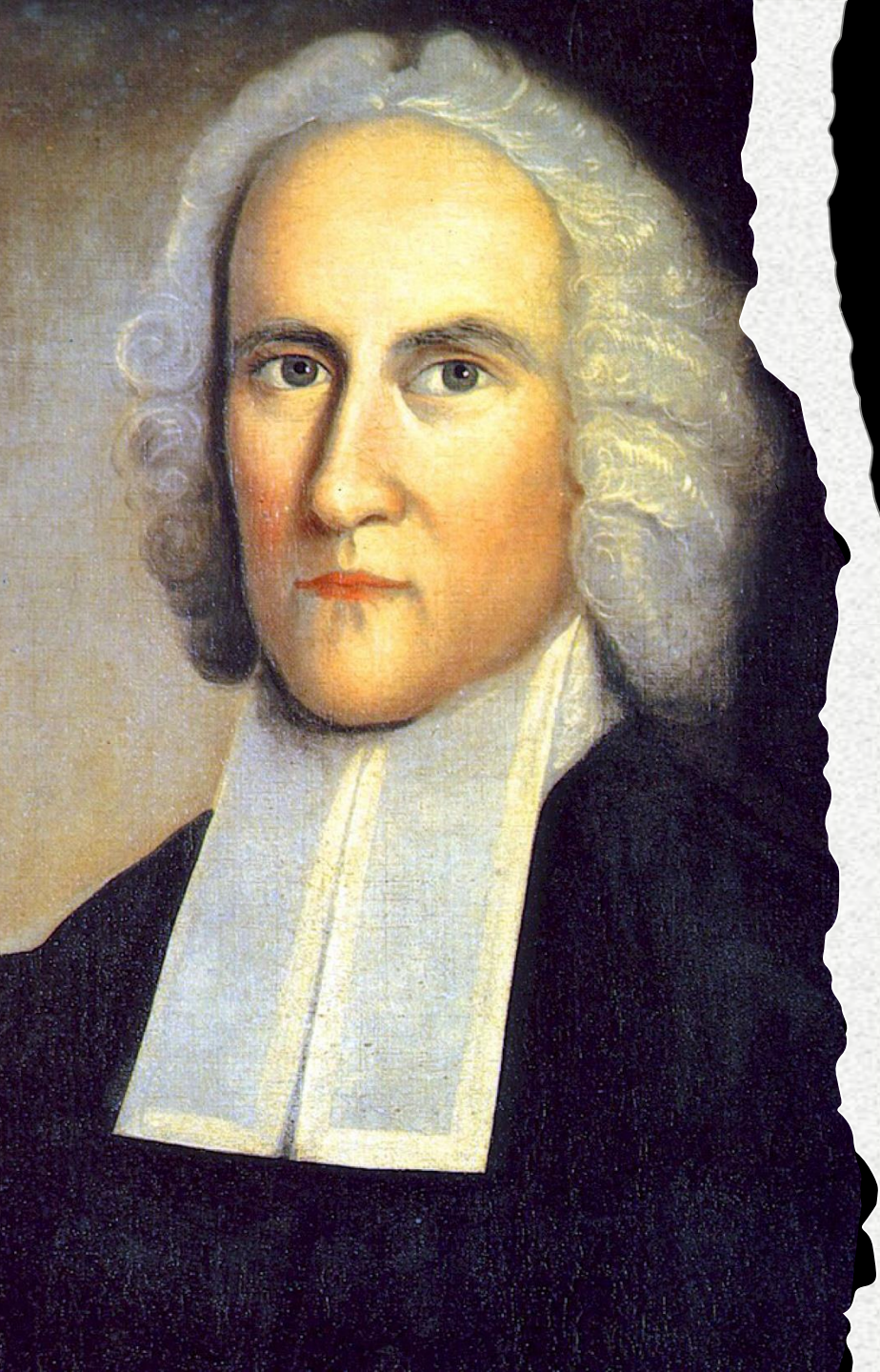
<sup>10</sup> Then I thought, “To this I will appeal:

the years when the Most High stretched out his right hand.

<sup>11</sup> I will remember the deeds of the Lord;



**My mind was greatly fixed on divine things; almost perpetually in the contemplation of them. I spent most of my time in thinking of divine things, year after year; often walking alone in the woods, and solitary places, for meditation, soliloquy, and prayer, and converse with God;**



**and it was always my manner, at such times, to sing forth my contemplations. I was almost constantly in . . . prayer, wherever I was. Prayer seemed to be natural to me, as the breath by which the inward burnings of my heart had vent.**

**—Jonathan Edwards**



# 3. Application

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Psalm 103

# 3. Application

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## Three broad categories of self-talk

1. **Yourself:** *your identity, desires, feelings, etc.*
2. **The “big picture”:** *the world, good & evil, God, etc.)*
3. **Your circumstances:** *your life, things that happen to you, other people, etc.*

# 3. Application

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## Sanctified self-talk in each category

1. Yourself: *your identity, desires, feelings, etc.*
  - I am mortal. I am not God – vv. 14-16

# 3. Application

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## Sanctified self-talk in each category

### 1. Yourself: *your identity, desires, feelings, etc.*

- **I am mortal. I am not God – vv. 14-16**
- **But I am loved by God, who gives me so many benefits and blessings – vv. 2-5**

# 3. Application

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## Sanctified self-talk in each category

2. The “big picture”: *the world, good & evil, God, etc.*)

- **God is my Savior – vv. 3-12**

# 3. Application

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## Sanctified self-talk in each category

### 2. The “big picture”: *the world, good & evil, God, etc.*)

- **God is my Savior – vv. 3-12**
- **God is my Father – vv. 13-18**

# 3. Application

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## Sanctified self-talk in each category

### 2. The “big picture”: *the world, good & evil, God, etc.*)

- **God is my Savior – vv. 3-12**
- **God is my Father – vv. 13-18**
- **God is my King – vv. 19-22**

# 3. Application

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## Sanctified self-talk in each category

3. **Your circumstances: *your life, things that happen to you, other people, etc.***
  - **If you've suffered injustice – v. 6**

# 3. Application

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## Sanctified self-talk in each category

3. **Your circumstances: *your life, things that happen to you, other people, etc.***
  - **If you've suffered injustice – v. 6**
  - **If you're anxious about the future – v. 19**

A photograph of a stone staircase with metal railings, leading up through a dense forest. The stairs are made of large, rectangular stone blocks and are flanked by dark metal railings. The forest is lush with green foliage, and the path leads towards a bright opening in the trees at the top of the stairs.

## 4. Cultivation

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**How do you develop the skills of sanctified self-talk?**

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- **Inventory → pay attention to your current self-talk**

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- **Inventory → pay attention to your current self-talk**
- **Input → fill your mind and heart with truth**

# 4. Cultivation

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How do you develop the skills of sanctified self talk?

- **Inventory → pay attention to your current self-talk**
- **Input → fill your mind and heart with truth**
- **Intentionality → learn to “preach the gospel to yourself”**



spiritual  
depression

*Its Causes  
and Cure*

D. Martyn Lloyd-Jones

**Have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself?**

**The main art in the matter of spiritual living is to know how to handle yourself. You have to take yourself in hand, you have to address yourself, preach to yourself, question yourself. You must say to your soul: 'Why art thou cast down'...**



spiritual  
depression

*Its Causes  
and Cure*

D. Martyn Lloyd-Jones

**You must turn on yourself...exhort yourself and say to yourself: 'Hope thou in God'—instead of muttering in this depressed, unhappy way.**

**And then you must go on to remind yourself of God, Who God is, and what God is and what God has done, and what God has pledged Himself to do.**

**—D. Martyn Lloyd-Jones**

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