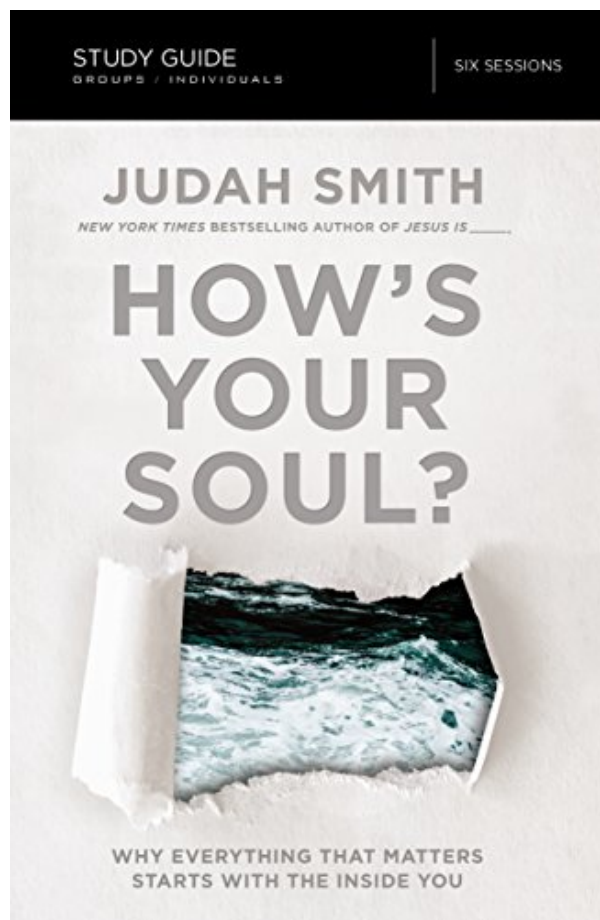


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About the Author

Judah Smith is the lead pastor of the City Church in Seattle, Washington. The City Church is a thriving multisite church noted for its cultural relevance, commitment to biblical integrity and faith, and love for Jesus. Judah is known around the United States and the world for his preaching ministry. His fresh, practical, humorous messages demystify the Bible and make Christianity real. Judah is also the author of the New York Times bestselling book *Jesus Is _____*.

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In this six-session video Bible study (DVD/digital video sold separately), Judah Smith, bestselling author of *Jesus Is _____*, asks a surprisingly different question from the usual "How are you?"—but this is the question Judah chooses to ask his friends, because he knows the health of the soul is too often overlooked in the busyness of everyday life.

In the rush of living moment to moment, many of us find ourselves simply surviving, struggling daily with frustration, restlessness, boredom, and ever-fleeting joy. But if we would pause, we'd find the things that matter most in life—stability, peace, hope, love—are rooted in the health of what Judah calls the "inside you."

Judah shares his own mistakes and foibles to help you find your way through the emotional roller coasters of life and 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.

The *How's Your Soul Study Guide* includes video discussion questions, Bible exploration, and personal study and reflection materials for in-between sessions.

Sessions include:

About the Author

Judah Smith is the lead pastor of the City Church in Seattle, Washington. The City Church is a thriving multisite church noted for its cultural relevance, commitment to biblical integrity and faith, and love for Jesus. Judah is known around the United States and the world for his preaching ministry. His fresh, practical, humorous messages demystify the Bible and make Christianity real. Judah is also the author of the New York Times bestselling book *Jesus Is _____*. Most helpful customer reviews: 0 of 0 people found the following review helpful.

Five Stars

By MBrown

Great Bible study! 0 of 0 people found the following review helpful.

Great book study

By Kim Jacobsen

Great book study, this is meant to be used with the video. Our church has had our small groups use this for a 6 week study. I highly recommend this. 0 of 0 people found the following review helpful.

Five Stars

By Amazon Customer

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