

Quiet Your Soul

When Father or our King talk to us about quieting our soul, they're wanting us to reduce our soul's dominance and control over us. Here's a recent example:

““ Quiet your soul, and put your whole trust in me,” says the Lord. “I am well able to bring you through every difficulty you face. Refuse to be overwhelmed. Take things one step at a time, one day at a time. Draw your strength from my presence. Do not be afraid.””¹

Forcibly quieting our soul is a self-effort work (i.e. dead works) because we do it in our own strength. The best changes are done by submitting to the Spirit and working with him to see changes take place from the inside out.²

The most effective way it dismantles the soul's dominance over us is to allow the reintegration of our soul and spirit to take place. This is achieved inside us and is the most lasting way to 'quieten' our soul.

Father has been working with me over the past month to make changes so my soul doesn't have as much power over me as it's had in the past. This is all part of the changes he's able to make after my invitation to him to have my body, soul and spirit reintegrated. This will bring me into the place he wants me to be in and it will eventually allow my spirit to be the dominant component of my being.

This process is not an air-fairy, super-spiritual one, it's actually part of Father's sonship 101³. We all need to do it to stabilize ourselves so we're not impacted so much by life's ups and downs.

Below are links to some teaching which will expand your understanding of the need to deal with our soul's power over us:



Mike Parsons “274. Separating and Reintegrating Soul and Spirit (PART 1)” [LINK](#)



Mike Parsons “275. Separating and Reintegrating Soul and Spirit (PART 2)” [LINK](#)



Mike Parsons “The Power of Self-Care: Uniting Spirit, Soul, and Body” [LINK](#)



Mike Parsons “Becoming One with God | Spirit, Soul and Body in Union” [LINK](#)

Laurence

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(Readers will need to look up for themselves any scriptures alluded to in this document)

1 – Marsha Burns “Small Straws in the Soft Wind” (July 4, 2025) www.ft111.com/smallstraws.htm [ARCHIVE: www.ft111.com/straws2025.htm]

2 – “Move with the Changes that are Taking Place Inside You” (19-4-2020)

canberraforerunners.org/wp-content/uploads/2020/04/Move-with-the-Changes-that-are-Taking-Place-Inside-You.pdf

3 – ‘101’: code for the very basic knowledge or experience needed to continue developing. dictionary.cambridge.org/dictionary/english/101