

WIDE AWAKE

BREAKING OUT OF OUR SPIRITUAL SLUMBER

#TMHWideAwake 

Week 3: *Life-giving Rhythms*

By Ken Shigematsu

In our culture, we all have very full lives. Do you think it's really possible to experience God as "alive and real...in your everything"?

Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.
-- Daniel 6:10

A rule of life is simply a rhythm of practices that empowers us to live well and grow more like Jesus by helping us experience God in everything...

-- On defining a "rule of life," from *God in My Everything* pp. 18, 37

How are spiritual practices like a grapevine trellis?

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control,
-- Galatians 5:22-23

What spiritual practice (part of the trellis) might be especially helpful for you now?

Interested in learning more? Check these out:

- *The Good and Beautiful God (Life and Community series)* by James Bryan Smith
- *God in My Everything* by Ken Shigematsu

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Home Church Questions...

HANGOUT [Warming Up to the Topic]

1. How many people in your life (friends, workmates, family) would you say are “content”? Why do you think that is?

HEAR [Listening to God through Scripture]

2. Review the key points from Sunday’s message. What stood out for you? What challenged you?
3. Read **Matthew 6:25-34**. What key verse, word or phrase stands out to you?
4. What causes you to spend time worrying about the different themes Jesus notes in and around this passage?
5. Practically speaking, what do you think it means to “seek God’s Kingdom first”? What do you think Jesus meant when he said we’d then have all those other things given to us if we do seek God’s Kingdom first?
6. What do you think about Jesus’ concluding comment about worry? Where have you experienced this in different ways?
7. Ken talked about how Daniel thrived in his relationship with God – even in the spiritually hostile culture of Babylon (**Daniel 6:10**). What can we learn about living as authentic Christ-followers in our culture?

HUDDLE [Making It Personal and Praying Together]

8. Thinking back over this week’s message and the themes of this series, which spiritual practices do you feel might be especially helpful for you now?
9. As you think about your life, what supports your friendship with Christ? What sabotages your friendship with Christ?
10. What opportunities are there for your huddle group and your home church to develop some rhythms of life together that give you the opportunity to be more connected, more supportive and more aligned together?

Quotes...

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-- Galatians 5:22-23

“I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.

-- John 15:5

...work out your own salvation with fear and trembling; for it is God who works in you both to will and to do for His good pleasure.

-- Philippians 2:12b-13

Prayer is less about looking for God and more about cultivating an ever-growing awareness of his presence. In prayer we discover what we already have. . . . Everything has been given to us in Christ. All we need is to experience what we already possess.

-- *God in My Everything*, p. 66

When we connect with others in ways that bring life, whether it involves inspiring someone to write a poem, welcoming them in a way that instills confidence, or teaching them how to throw a football, we are expressing our sexuality, our desire to give and nurture life.

-- *God in My Everything*, p. 104

“**Self-care is never a selfish act**—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer to others.”

-- Parker Palmer, *Let Your Life Speak*