

# HONEST TO GOD

Learning to Pray from the Psalms

## *Survival Habits of the Soul*

*By Ken Shigematsu*

### APPETIZER: Seeking Refuge from Achievement

Is your identity wrapped up in your achievements?

If it is...

- Jesus has good news for those who struggle with being “good enough.”
- Jesus has a way of life for you that is purposeful AND restful.

### DINE IN: Yoking Around with Jesus

**Matthew 11:28-30**

- What kind of yoke are you wearing?

Jesus is the refuge the Psalmist was singing about, and the refuge that you have been looking for.

Psalm 36:7 – Psalm 103: 8, Psalm 91:1

### TAKE OUT: Soul Habits

- Meditation
- Gratitude
- Sabbath

**Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.**

Psalm 91:1

No matter where you are feeling in relation to God – with a close or distant listen to Jesus’s words: they are for you: come to me all you who are weary and heavy laden.

NEXT WEEK: Our third installment of Honest to God with Bruxy!

## Home Church Questions

### HANGOUT [Warming Up to the Topic – in one Large Group]

1. First review Sunday's message, then talk about what stood out to you – whether lessons learned or lingering questions.
2. What experiences do you have with the three spiritual practices that Ken taught us about?

### HEAR [Listening to God through Scripture – in Discussion Groups]

3. Read **Psalm 91**.
  - a. What verse or idea stands out to you? Why?
  - b. What imagery is the Psalmist using to depict God in **verses 1-4**? What imagery is being used to depict us, the reader? Talk about the significance of those images. What reactions or impressions does it give you?
  - c. How would you explain the promise in **verse 10** in light of the suffering and pain you've experienced? How does this fit with what Jesus says in **Matthew 11:28-30**?
  - d. Read **verse 13**. Who in Scripture is depicted as the lion and serpent? How do we "trample" this evil figure? Using other passages and examples from your own life, talk about how Jesus sets us free.
  - e. How do you remind yourself of the confidence, safety and love that Jesus offers us? Do you have any practices (talked about on Sunday, or elsewhere) that are a regular part of your spiritual life?

### HUDDLE [Making It Personal and Praying Together – in Huddles]

4. Use your regular huddle questions to talk about your lives and to prepare you to pray for each other. (If you haven't already, remember to exchange contact information and arrange a time to talk, in person or on the phone.)

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## Quotes

Welcome back to the second week of our series **Honest to God**, where we are being mentored in the bold honesty of the Psalms. The Psalms, written by King David and others, are the ancient worship songs and prayers for the people of Israel.

Today we are learning from Ken Shigematsu on how Jesus can offer us the love, refuge and comfort that these ancient songs and prayers promise us.

Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.

I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust."

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

How priceless is your unfailing love, O God! People take refuge in the shadow of your wings.

The Lord is compassionate and gracious, slow to anger, abounding in love.