



new life fellowship

Sermon Title: Survival Habits of the Soul

Guest Speaker: Ken Shigematsu, Senior Pastor, Tenth Church in Vancouver, British Columbia

Scriptures: Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28-30 NIV

Sermon Outline:

1. Ambition and the pressure to achieve.
2. Jesus invites us to rest.
3. Different yokes that we carry, which are not the yoke Jesus gives us.
4. Jesus' yoke is the Father's perfect love. Jesus wants to give you this yoke.
5. Stopping to breathe in centering prayer.

Sermon Summary:

This Sunday Pastor Ken Shigematsu, a friend of New Life's, shares on survival habits that will allow our souls to grow and flourish, despite the world around us. Are you living in rhythm with God?

Sermon Questions:

What words or phrases from this scripture passage resonated in you as you read them? Why?

- How does this scripture connect for you the topic that was discussed today? How so?
- How has your family of origin, the family you grew up in, helped or hinder your perspective that your soul must be cared for? How do you think that has effected you in your current life.
- Do you feel pressure to achieve and be ambitious in order to validate yourself? How does that make you feel? How is God challenging you to grow out of this?
- How do you hear Jesus' invitation to rest?
- Are you carrying a yoke that doesn't give you life? Can you identify it? What will it take to replace it with the yoke of Jesus?
- God wants to affirm you, and give to you an authentic sense of self. How is He wanting to do this in your life
- How are you practicing silence and centering prayer?