

GOD SPEAKS TO ME

Ken Shigematsu



Video Teaching — God Speaks to Me

Ken Shigematsu, Senior Pastor of Tenth Church in Vancouver, and author of the award-winning, international bestseller, *God in My Everything*, and the newly released *Survival Guide for the Soul*, talks about how to be still and spend time savouring God's presence. This video teaching was produced by our friends at The Meeting House.

Scripture: Psalm 46

Discussion Questions

1. First review Sunday's message, then talk about what stood out to you - whether lessons learned or lingering questions.
2. What do you think would be most frustrating about practicing silent centering prayers? What would be most potentially life-giving about practicing centering prayer?
3. Read Psalm 46. What verse or idea stands out to you?
4. In verse 2, the Psalmist writes that we will not fear. What fears are you facing right now that you want to offer up to God?
5. God is described throughout the passage as the God of Jacob. What significance do you think this description has in light of the stories you know about Jacob? Discuss how this reminder in the passage would have comforted the Israelites in their time of trouble.
6. How much time have you spent with God, in Scripture reading, and prayer? How would you describe the quality of those times, and how they've contributed to your relationship with God?

Moving Forward

Spend some time still before the Lord at the beginning of the day or in the evening? Take 10-15 minutes this week to be with the Lord. As you relax, anxiety or fear may surface in your heart, instead of avoiding these fears, simply offer them up to God and experience release and healing. You may also sense you are surrounded by the mystery of a holy and infinite love that upholds you. Pray for each other to spend time savouring God's presence this week.