

PMN346 (NA)

Spring 2023

READING REPORT FOR Survival Guide for the SOUL

Student Name: **Denise Marin**

With integrity, I have read this book (circle one):

- | | |
|----------------------------------------------------------------|--------------------------------------------------------|
| <input type="radio"/> Thoroughly and Entirely 100% | <input type="radio"/> Quickly and NOT Completely ___ % |
| <input type="radio"/> Quickly but Completely 100% | <input type="radio"/> Not at all _____ |
| <input checked="" type="radio"/> Thoroughly but NOT Entirely % | |

Signed: **Denise Marin**

1. Where did this book “take you apart?” How did God use it in “spiritual surgery?” (please use quotes & page numbers)?

“There is a connection between the quality of our relationships and the sense of our fulfillment (Shigematsu, 165).” The chapter on friendships was insightful. Shigematsu shares his vision on the role that friends play in our lives and how they are able to influence our actions as well as our behavior. “Who we spend time with and the friendships we develop influence us more than we realize (Shigematsu, 160).” It is important for us to surround ourselves with people who share our interests and values or we may find our identities being shaped by who somebody has an agenda in life that is contrary to what we believe. Bad friends can cause us to lose sight of ourselves and our goals while conforming to their bad habits and immoral lifestyles. Good friends will have a good influence on us. We need good friends and we need to learn to be good friends to others. The book asks, “How can we become the ideal human being (Shigematsu, 173)?” and answers, “there is only one person who is like this--- “Jesus”. If we become friends with Jesus, we can become more like Him.” Because our relationships with friends have an impact on us. We must choose our friends wisely and then we must nurture those relationships by setting aside time for our friends.

2. Where did you most agree with the author? Disagree most?

I most agreed with the authors’ insight on all the topics throughout the book. For example, I agree with how Shigematsu discusses the costs of achievement, including burnout and the loss of relationships, and how he encourages readers to consider the true value of success. I agree with the way he describes the pressure to achieve in our society and how it can have a negative impact on our spiritual lives. Shigematsu uses people’s stories as examples, but he also speaks from experience as he shares his own personal story on achieving success, yet still feeling unfulfilled. He gives examples on how honoring a spiritual life is essential for true fulfillment. He discusses the importance of having spiritual mentors and friends who can help us grow in our faith. He describes the importance of prayer, gratitude, meditation,

in our spiritual lives and provides practical suggestions for maintaining consistent spiritual habits. I agree with it all.

3. What was the key spiritual truth you gleaned from this book? How are you integrating it into your personal spiritual formation process?

Shigematsu dives deep into the spiritual practices that help us to grow in the midst of our busy lives. He offers practical guidance on prayer, meditation, Sabbath-keeping, studying and reading the Bible and other disciplines that can help us to cultivate a deeper sense of connection with God. Throughout the book, Shigematsu emphasizes the importance of finding balance in our lives and of making time for the things that truly matter.

I am scheduling time for spiritual practices: For example: I am presently setting aside specific times during the day or week for prayer, meditation, sabbath keeping, studying and reading the Bible, serving (I already serve at my church in the kids ministry) and making time for family and friends. I've learned that spiritual personal formation is a lifelong journey, and there is no one right way to practice it. I am will continue experimenting with different spiritual practices as i incorporate them into my life to find what works best for me.