

READING REPORT FOR *Survival Guide for the SOUL*

Student Name: Joshua Estrada

With integrity, I have read this book (circle one): Thoroughly and Entirely 100%

Quickly but Completely ___100%

Thoroughly but NOT Entirely ___%

Quickly and NOT Completely ___%

Not at all

Signed: Joshua Estrada

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

The book in its entirety took me apart. Starting with page 10, habit is the way we wear out days. This means I have to be a man of good habits. Habits are what reveal who we truly are. That is something that caused me to say ouch when thinking about what my habits would say about me. Habits are the things we end up becoming. There are habits of mine that I get so angry about having. This has been a constant fight in order to break certain habits I know hold me back. The next two chapters talk about God's love, and connection with him. This helped me realize that I know God loves me, but I don't act like He does with the way I live. It's something I have done in my head, but have yet to allow it to sink into my heart. I constantly ask God to help me receive his love on a new level. I don't just want to experience it, I want to always live in it. To be able to Live a life that shows I know I am loved by God. All of this still has to do with what my habits are towards God.

page 36 helped me understand that my own desires aren't necessarily a bad thing, but that at times He will fulfill our desires in ways we did not expect. We can only experience this when we totally surrender, and trust in his plans. This is difficult since letting go, and having enough faith to walk on water is terrifying. God has used this book to surgically remove parts in me that still believe he can't make a way.

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

In pg 44 the author talks about a person that feels inadequate, he gives signs that could help us catch it when it's happening. signs like bragging, name dropping, or exaggerating achievements. I agree with the author, because these have been moments where I have felt the most rejected. So I would say, and act in certain ways in order to gain some attention, or validation. I have to say that I didn't find anything to disagree on. This could be because of how

rich the book was for me. I found myself pausing and meditating on the truths Shigematsu speaks about.

As children we are sometimes taught that in order to be seen, or be valued we must meet a standard. There's a problem when we can not always meet certain standards. In pg 60 it shows me that my value does not come from what I produce, but by the fact that I am loved by a perfect father. I loved reading that God was already pleased with Jesus before he ever healed anyone, or preached. This gave me so much peace knowing I didn't have to perform, and if I did it was just because I wanted approval from man. That is such an awesome thing to try to grasp, that our performance does not dictate our identity, or status in the eyes of God.

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

A key truth mentioned was that God's love is rebirthed each day. This means that even if I have a horrible day, it doesn't mean God loves me any less. All I have to do is look around to the ways God loved me that day. Shigematsu also mentioned how as a society we are constantly on the move. There needs to be a moment when we are just still in His presence. My mornings have become the perfect time to just breathe, and be still before anything else starts to happen. As a human with a thousand thoughts, I found it hard to memorize a chapter of the bible. So what I have been doing is taking a verse that stood out to me, and will repeat it throughout the entire day. God calls us to meditate on His word day and night, I believe I'm living doing my part in living out this calling.