

HEART | SOUL | MIND | STRENGTH

FOUR WEEK JOURNEY, WEEK 3 STUDY GUIDE

ALL YOUR SOUL

²⁸"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light."

Matthew 11:28-30

VIDEO ONE – MESSAGE SUMMARY

What was the biggest takeaway (biggest idea or practice) from this week's message for you?

We talked about two ways, from these verses, that we take on Jesus' yoke:

1. The yoke of a rabbi, or teacher: taking on their teaching, interpretation of the Scriptures and how to live them out in daily life.
2. The yoke between two oxen: where the young ox learns from the older ox how to find the rhythm of ploughing, representing close proximity, walking together, and a focus on being yoked to Jesus' presence in your life.

When you read Jesus' invitation to take His yoke upon you, how have you experienced either of these pictures in a real way in your life?

When it comes to the 'teaching' you are living under, in what ways do you think it becomes easy to live under the 'teaching' of the world around us? (Our world is not a religious context as was Jesus' immediate context - it is a more secular approach to life. But the teaching is no less prominent even if it is at times less obvious.) What are some teachings that are easy to 'be yoked' to and standards we gravitate toward living up to?

What do you think it feels like for your soul to find rest?

The digital era and our soul:

In contrast to Jesus' context in Matthew, our lives are lived in the digital age, making it easy to be 'yoked' to algorithms, social media feeds, both of which have been shown to feed on fear and anger. What do you think is the effect of this on our souls? What is your personal experience with this?

What are your habits when it comes to social media in particular? What about the news? One challenge of getting world events and news through social media is that it is typically coming through some kind of filter, often one that brings with it a degree of fear or anger, rather than traditional news which was more centred on facts. How does this shape our inner world if we stay yoked to these kinds of media?

The digital era also connects us in unprecedented ways to human suffering of all kinds across the world. What does it look like to trade being yoked (in close proximity, all the time) to the problems and pain of the world for the yoke of Jesus? How can we draw boundaries for ourselves from the constant flow of tragic news, without burying our heads in the sand or ignoring our responsibility to love our neighbour?

VIDEO TWO

Yoked to Jesus:

What makes it difficult to diagnose how your soul is doing?

When it comes to practicing the presence of God - what has been your experience?

What are your rhythms of prayer at the moment? When you feel like you have good rhythms of prayer going, what does that look like for you?

What do you find helpful in the morning, throughout your day, and in the evening? How difficult do you find it to pray in the morning, throughout your day, at the end of your day?

Are there any weekly, monthly, or annual prayer practices you find helpful?

What are the one or two practices when it comes to prayer that you have found most helpful on your journey of following Jesus?

In what ways do you follow Jesus' guide for prayer (The Lord's Prayer) in your prayer life? How can His teaching on prayer break the other yokes in our lives and connect us deeply with His yoke?

Have you ever practiced the "Examen" prayer regularly? (See guide in the resources) How might doing this as a daily practice develop a greater sense of being yoked to Jesus?

Dean used the phrase *Coram Instagram* to contrast the idea of *Coram Deo*. Whether or not you use Instagram, in what ways do you see that we are often trying to live up to a standard the world imposes, one that is no less crushing than the performance-based standards of the Pharisees?

HSMS Journal

If you are to have a vision for your soul, what phrase or verse could describe that and help you keep it in front of you?

Solitude and silence are two essential habits in drawing near to the Presence of God. What has been your experience of solitude and silence? What are the ideas and tips you would pass on to someone else that have been most helpful to you in growing times and space for solitude and silence in your life? Any keystone habits you have found helpful?

What habits will you put in place daily or weekly to be yoked to Jesus; to pursue His presence through prayer (including solitude and silence)?

How will you track these to ensure they become a real part of your way of life?

ADDITIONAL RESOURCES

Apps for guided prayer:

1. Lectio 365 (with morning and evening guided prayers)
2. Pray First (a variety of guided prayers - written or audible)
3. YouVersion Bible App (daily guided prayer just after the verse of the day)

Books:

1. *The Pursuit of God* - A.W. Tozer
2. *How to Pray* - Pete Greig (great small group material available as well)
3. *Pray First* - Chris Hodges
4. *Prayer* - Tim Keller
5. *Praying Like Monks, Living Like Fools* - Tyler Staton
6. *The Practice of the Presence of God* - Brother Lawrence
7. *River Dwellers* - Rob Reimer
8. *Soul Care* - Rob Reimer
9. *The Anxious Generation* - Jonathan Haidt
10. *Soul Keeping* - John Ortberg
11. *Invitation to a Journey* - Robert Mulholland
12. *How's Your Soul* - Judah Smith
13. *The Deeply Formed Life* - Rich Villodas
14. *My Tech-Wise Life* - Amy Crouch (Written by a university student with a youth/young adult perspective)
15. *The Tech-Wise Family* - Andy Crouch (Great for parents)
16. *Every Moment Holy* - Douglas Kaine McKelvey (A book of liturgical prayers for everyday life)

The Examen (Ignatius of Loyola) – 5 R's Version

1. **RELISH:** Become aware of the Presence of God and go back through your day, relishing the small moments of grace and gifts of God that He placed throughout your day, giving thanks for every gift He has given.
2. **REQUEST:** Request the Holy Spirit to come and lead you as you review your day for moments He wants to bring to mind.
3. **REVIEW:** Prayerfully review your day, allowing the Holy Spirit to call to mind any moments where you may have sinned, may have fallen short, missed the mark in word, thought or deed.
4. **REPENT:** Confess/acknowledge that moment to God and determine to turn in a new direction and walk in His way. If there is anything you need to follow up on to make it confess or seek forgiveness from another person, make a plan to do so. Ask Him to fill you with His Spirit and lead you to walk in His ways.
5. **RESOLVE:** Resolve to walk with Him tomorrow. Think about what the day coming tomorrow will hold and pray for any things you will need His strength, wisdom, or direction in.

SOUL CARE CONFERENCE: 4–6 JUNE 2026

Are you looking for more of God? Are you feeling stuck or don't seem to know how to go deeper? Come learn how to unpack the suitcase of your soul with Jesus.

Soul Care is a 3-day experience of learning and applying the 7 Soul Care principles set out in Rob Reimer's book of the same name, which has sold over 100,000 copies. It has been a catalyst for life change for hundreds of thousands of people around the world.

As you put these tools into practice, you'll make more space for God within you and you'll experience more of the freedom and fullness of life that Jesus promises!

Invest a few days of your time to attend Soul Care with Dr Rob Reimer, live in Perth. We believe it will be your best investment this year.

