

Connect Group Discussion Guide – 9/24/2023

Matthew 6:25-34 Fall Forward: Rest

Video Link: <https://www.youtube.com/channel/UCQvR0S5fB8AzraGYts4eQfg> (Posted on Monday)

Audio Only: On Spotify or Apple Podcasts: Connection Point Podcast

NOTE: Video (lyrics) of song Fall on Me here:

https://www.youtube.com/watch?v=8TOT0wl01z0&list=RD8TOT0wl01z0&start_radio=1

Highlights

- In life you will fall. When you fall, FALL FORWARD.
- How do you fall forward? Spiritual Disciplines.
 - Practices put in place to help us journey toward Jesus, whether we are “feeling it” or not.
- **Mt. 6:25** Therefore – go back to verse 24. Serving money is stressful, you always want more, there’s never enough, you have to figure out how to get more...
 - **Therefore** do not worry...
 - Don’t worry about my life??? Is that irresponsible?
 - Jesus is saying don’t worry about the future-what you can’t control but God does.
 - So not worrying is not irresponsible. You can be concerned.
 - Worry causes you to be concerned about the future while making no changes in the present.
 - Be concerned in the present about the future.
 - We fix our future in the present.
 - **WORRY STEALS REST**
 - Worry manifests itself other ways: unhealthy fear, anxiety (inability to ctrl the future), etc.
- **Mt. 6:26** LOOK – a command (to observe)
 - By worrying.... There are things we can do to not die sooner (exercise, stop smoking, etc.) but you have to do it in the present.
 - Worry does cannot and does not add to your life
 - Valuable... The LORD values you so highly because he made you in His image
 - No matter what you think you’ve done to disappoint Him, you still matter deeply to God.
 - Jesus is saying, LOOK at the extent of my creation. Look at the trees and see God.
 - **You’re in my hand, says God. You can rest.**
- **Mt. 6:28** SEE – a command (consider, or lean into)
 - Clothes can be “much more” than clothes: status, image, fandom, etc.
 - God clothed us in the Garden with skin.
 - Because of sin, God made new clothes for us to cover up parts that are different.
 - Jesus is saying, SEE my care and attention. It shows my love for you.
 - **My hand is on you. Rest.**
- **Mt. 6:31** run = seek
 - We are at a crossroads:
 - Go this way and seek because I want to be in control and meet my own need, OR
 - Go that way and fall forward, REST in His love and care for You. God will provide.
- **Mt. 6:33** SEEK – a command (requires action)
 - Do it your way OR Give your life to God and it will be given to you.

- Seeking God to see what He has for you. It's about Him, not you.
- Look at creation and see my intention and love, seek a relationship with me that I long to have with you, and I will give you all that you need.
- **Mt. 6:34** If we're worried about the future how do we take care of today. Because when the future becomes the present we're still worrying about the future. It's like today never comes!
 - If all we do is worry about the tomorrow, what does that mean for today? What changes? Nothing!

What do I do now to address worry in my life?

1. Write down our worry.
2. Is this something you should be concerned about or are you trying to control the outcome God already controls?
3. What steps can you take today that are healthy and honor Jesus? Actually take the steps.
4. Rest

In life you will fall. When you do fall forward!

1. Generosity: it's never enough. Give now, serve now. Everything you have is because of Jesus.
2. Prayer: God hears us because He's our Father.
3. Fasting: God sustains our life.
4. Rest: Look, See, Seek

In life you will fall. When you do fall forward because Jesus is there. When you fall backward, there is no one there.

"In life you will fall. When you do fall on me" -- Jesus What's your answer?