

# REAPING AND SOWING

April 23, 2023

## MESSAGE RECAP

Our current habits are sowing seeds for our future selves. If you are reading the bible, eating well, staying active, reading, and connecting with the people you love every week, we could almost guarantee that a year from now you will be someone with a lot of peace, energy, joy, and you have deep relationships. If on the other hand, you're not reading your bible, you eat junk all day, spend 8 hours a day in front of a screen, and never engage in relationships you're going to be feeling overwhelmed, depressed, hopeless, and lonely. It's not hard to predict, it's hard to start sowing the right seeds. What can you be doing right now that would help you reap a better harvest in your personal life, goals, your attitude, and your spiritual direction?

## GROUP DISCUSSION

1. After listening to the message, what stood out to you?
2. Read [Galatians 6:7-10](#). Why does Paul say God cannot be mocked?
3. If our current habits are sowing seeds for our future selves, what does the future look like for you?
4. Why do we question God when it comes to the way he designed the Spiritual world, and not the physical world?
5. We said Sunday that **if we miss Jesus we will miss rest**. How have you seen this play out?
6. Describe a time when you were at your most rested Spiritually. What was and wasn't going on? Is it possible to be in a busy season and experience rest?
7. We used an acronym for REST (R-Refresh, E-Express our Trust in God as Provider, S-Sieze Opportunities for Community, T-Thankful that Jesus is our Rest). Which one of those is a challenge for you? Which one excites you?

## PRAY