

## **Discipleship Tip: Fellowship, Prayer & Community**

"Everyone wants fellowship, whether you're in church or out of church..." So get connected with people and they will get connected with God and church!

Check out Julie Maconachie's chat to Heidi Wysman about her connect groups vision and growth for more ideas:  
<http://www.myc3church.net/node/1014>.

## **Connect Group Notes 29 August 2010**

### **Attitude: Rest – Ps Phil Pringle**

**Matt 11:28-29 (NKJV). "Come to Me, all of you who labour and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle (meek) and lowly in heart, and you will find rest for your souls."**

Your attitude is the thermostat of your life. The temperature of your life is controlled by the attitude you hold on the inside of you.

Jesus says.... "Come to Me". Not – "Come to My church"; "Come to My teachings"; "Come to My miracles". Jesus is peace and He will give you rest. He says, "Learn from Me". When we come to Christ we find rest for our souls.

The Message version says: Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill fitting on you. Keep company with me and you'll learn to live freely and lightly.

Unwind. Figure out what the priorities are in your life.

**Ps 46:10.** Be still and find solitude. Noise does not equal power. It is about a "living presence" – not empty excitement or clamour. Drinking from the well of Christ is about celebrating the life we have in Christ. It is about experiencing God's presence, not just being a spectator. It's not knowing about God, but rather being in His presence and discovering who He is.

### **Heb 4:11.**

- Labour to enter into God's rest
- The unforced rhythms of grace
- Religion burns us out
- We can't work for our salvation in Christ.
- Rest – relieving burdens of guilt and condemnation

There is a word in the Scriptures, it is the word, "Let". It means: allow; release; give room to.

### **1. Let God Arise.**

Allow room for God to arise in our life. Make room for God to do some of the heavy lifting in our world. Celebrate life. We are called to be a people of peace.

**Is 40:28.** Waiting on the Lord is waiting on Someone who:

- Has endless energy
- Never gets discouraged
- Never faints

### **Is 40: 29-31**

- He gives power to the weak
- Strength to the weary
- Renews our strength

Three gears:

- Walk
- Run
- Glide

### **2. Let Us.**

Let us go to the House of God.

Jesus didn't come to make life hard – He came to lift burdens, not put them onto us. He wants us to enjoy the journey with Him.

### **3. Let Go.**

- Let stuff go!
- Forgive
- Release things from the past
- Trust God with your future. If the 'result' is your God, then you will probably be dismayed.
- **1 Pet 5:7.**

TALK ABOUT

- **What can you do to let God arise in your life more?**
- **What burdens are you carrying that you need to cast onto God?**
- **How do we cast our burdens onto God?**

PLEASE REPORT! <http://myc3church.net/cgi-bin/exform.pl>

Ps Phil Pringle's Blog <http://philpringle.wordpress.com/>

Ps Phil Pringle's Twitter <http://www.twitter.com/philpringle>

