

Tuesday, March 31st Bible Study Notes
Cedarville United Presbyterian Church Facebook Live
Matthew 7:24-27

Last Night:

- Brené Brown Podcast
 - “We’ve collectively hit weary”
 - Create a new normal – from fear to proactively developing solid strategy
 - Beware of comparative suffering
- How do we live knowing this is a marathon and not a sprint?
 1. On a scale of 1 to 10, how full is your cup right now?
 2. In what ways have you been taking care of yourself well?
 3. Where has your self-care been lacking?
 4. What strategies do you want to put into place for better self-care?

Tonight...

- Sermon on the Mount ends with Jesus presenting two options...rock or sand.
 - The rock represents Christ – standing on the foundation of Jesus Christ, letting the Holy Spirit transform us, would keep us standing even in the fiercest storms.
 - The sand spoke of the kind of righteousness that Pharisees depended on – if we focus on the external only, then when the storms come we will have no solid foundation. And if we focus on perfectly following rules to earn our way to God instead of faith in Christ, foundation is very sandy as well.
- The storm is here...what are we going to do
 - Whatever you are feeling is normal...
 - ...but let’s make sure we’re not getting mired down in the sand.

Lectio Divina – may want to have a journal or paper/pen

Resources I Used:

The NIV Life Application Study Bible
The Bible Knowledge Commentary