



Get It Together

Connection Point Church Mission Statement

“People connecting people every day to the life giving purpose found in Jesus”

In a world defined by chaos, distraction, and the constant pursuit of more, the Christian faith offers a radically different invitation: to be still, to be disciplined, and to be anchored in Christ. Yet if we're honest, most of us—especially in the Western Church—struggle to truly live that way. We say we believe in the power of prayer, the authority of Scripture, and the rest offered in Jesus, but our daily lives often tell another story. We are distracted, spiritually exhausted, and spread thin. It's time to face the truth: as followers of Jesus, we need to **get it together**. This isn't a call to hustle harder or perfect our faith through effort. It's a call to realign with what we already know to be true—to wake up to our spiritual reality and actively pursue the presence of God with renewed commitment and intentionality. We're busy. We're tired. We're overwhelmed. But in the middle of all that noise, the Spirit still whispers: *Come to me, all who are weary and burdened, and I will give you rest*. These past few weeks have been an invitation to step back, take inventory, and begin building (or rebuilding) spiritual disciplines that strengthen our walk with Christ. The phrase “Get It Together” isn't a shaming command—it's a loving reminder that God has given us everything we need for life and godliness (**2 Peter 1:3**), but it's up to us to take hold of it.

We'll walk through three major pillars of Christian formation:

1. **Prayer** – Learning to talk WITH God, not just talk AT Him.
2. **Studying the Word** – Understanding Scripture not just as a book, but as a lifeline.
3. **Resting in Jesus** – Practicing the art of spiritual stillness in a restless world.

Each of these is a discipline. Each takes intentional practice. And each is necessary if we're going to grow from passive believers into active disciples. So, let's begin where Jesus often did—in prayer. Not as an afterthought or backup plan, but as a starting point for everything.

Read 1 John 5:13-15

Communication has always been a huge part of relationships. When we talk about *getting it together*, prayer is where we begin—not because it's easy, but because it's essential. For many Christians, prayer feels like the most mysterious or intimidating discipline. We know we should pray, but we often wonder; Am I doing it right? Is God actually listening? What if nothing happens? This passage in 1 John cuts through the doubt. John reminds us that our confidence in prayer is not rooted in how long we pray, how eloquent we sound, or how “spiritual” we feel.

Our confidence is grounded in **who we are in Christ**. If you believe in the name of Jesus, you can talk to God with the full assurance that He hears you—and that He responds when your heart is aligned with His will.

1.) What's your honest relationship with prayer right now? Is it consistent, occasional, or mostly in emergencies?

2.) How do you personally define "praying according to God's will"?

3.) What time of day or environment helps you focus best in prayer? (Home alone, on walks, journaling, etc.)

Read 2 Timothy 2:1-7,15-16

Paul writes to Timothy as a young leader in the faith, encouraging him to be strong, disciplined, and faithful. He uses three powerful metaphors to describe the Christian life: a soldier, a competitive athlete, and a hard-working farmer—each image emphasizing focus, endurance, and intentionality. Later in verse 15, Paul shifts his focus specifically to the Word of God, urging Timothy to handle it carefully and skillfully. He warns against meaningless talk and incorrect teaching, reminding us that how we engage with Scripture shapes not just our beliefs, but our lives.

4.) Which of Paul's metaphors (soldier, athlete, farmer) do you relate to most in your faith journey—and why?

5.) What are some common obstacles or excuses that keep you from spending time in Scripture?

6.) Why do you think Paul places such a strong warning against "irreverent babble" and false teaching? How can we guard ourselves and others against that?

Read Genesis 2:1-3 / Hebrews 4:9-10

From the very beginning, **God built rest into the rhythm of creation**. He didn't rest because He was tired—He rested to model wholeness, balance, and delight in what was made. In Exodus, He commands His people to honor that rhythm. Rest was not a suggestion or a bonus for the ultra-spiritual—it was a command woven into the fabric of godly living. Yet in modern Western Christianity, *rest is one of the most ignored commandments*. We celebrate hustle, glorify busyness, and wear exhaustion like a badge of honor. But God didn't design us to run nonstop. True rest isn't just physical—it's **spiritual trust**. When we rest, we say:

“God is in control, not me. I don't have to earn my value. I trust Him enough to stop striving.”

In the New Testament, we see that rest isn't just a day—it's Jesus. He offers rest for our souls—not just through naps and days off, but through **abiding in Him daily**. When we draw near to Him, we find a rest deeper than sleep—a rest from self-reliance, pressure, and perfectionism

7.) What comes to mind when you hear the word “rest”? Is it appealing—or does it feel unrealistic?

8.) What's the difference between “unplugging” and truly resting in Jesus?

9.) How can our rest be a witness to the world around us?