



We flourish through dependence on God; when desire replaces trust, we damage the life we are reaching for.

1. **Life received:** Read Genesis 2:8–17. What changes in our understanding of God when we notice the garden’s abundance before focusing on the forbidden tree? Where do you find yourself noticing what feels withheld more than what has been given?
2. **Life grasped:** The message asks, “What good thing am I reaching for?” How can we recognize when a good desire—such as closeness, security, or a thriving church—is becoming a reason to control others or disregard God’s wisdom?
3. **Coming out of hiding:** In Genesis 3, we encounter hiding, fear, and blame. What helps us become a church family where people can speak honestly, take responsibility for harm, and find grace as they work toward repair?
4. **Learning trust from Jesus:** Read Matthew 26:36–39. What does Jesus’ prayer show us about bringing our desires and struggles to God? How might his example reshape the idea that trusting God means we should no longer feel sorrow or uncertainty?

Spiritual Practice — Receive, Delight, and Tend

This week, spend **ten unhurried minutes on two or three occasions** with something growing: a flower, a tree, a garden bed, or a houseplant. A view through a window is enough. If possible, return to the same place each time.

Receive its beauty.

Begin by reading Genesis 2:9. Then give your attention to what is before you.

Notice colour, texture, shape, fragrance, or the way light falls across a leaf. In an autumn garden, there may be fading flowers, fallen leaves, and seeds alongside new growth. Let yourself enjoy what you discover without needing to make it useful.

Name one specific thing you are glad God made.

Notice its dependence.

Consider what sustains this living thing: light, water, soil, and nourishment. Remember this image from the message:

A plant cannot become so mature that it no longer needs nourishment.

Let that invite a simple question:

Where am I trying to carry life as though everything depends on me?

You do not need to solve the situation. Open your hands and pray:

“Father, I receive my life from you. Help me trust your goodness with what I cannot control.”

Offer a little care.

Where appropriate, tend something: water a plant that needs it or gently care for your own garden. Let this small action become a way of practising responsibility while allowing growth to happen at its own pace.

Then carry that posture into one relationship: **offer care, give the other person room, and entrust the outcome to God.**

When you return to your flower, tree, or garden, let it remind you: *I can participate faithfully while remaining dependent on the Giver of life.*