



# Schemes of the Devil

(drawing us away from God)

&



# SACRED RHYTHMS

(drawing us towards God)

Nearness to God  
brings likeness to God.  
The more you see God  
the more of God  
will be seen in you.

~ Charles Spurgeon



**KETTLEBROOK**

A Family of Followers of Jesus Helping Others Follow Jesus

## ACCUSATION:

Satan's voice of guilt, condemnation, and discouragement, often focused on past mistakes and failures



*...the accuser of our brothers (and sisters) accuses them before our God day and night. ~ Revelation 12:10*

Zechariah 3:1-7, Revelation 12:10-12

## CONTEMPLATION

Reflecting on God's character, words and actions, and Jesus' life and goodness.

*Great are the works of the Lord; they are pondered by all who delight in them. Glorious and majestic are His deeds, and His righteousness endures forever. He has caused His wonders to be remembered; the Lord is gracious and compassionate.*

~ Psalm 111:2-4

Psalm 8 & 145

Ephesians 1:18-2:22

Proverbs, Philippians 2:5-11

1 John

## SELF-EXAMINATION

Becoming attuned to your thoughts, feelings and felt physical responses; taking them to God for healing and correction.

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - His good, pleasing and perfect will.*

~ Romans 12:2

Psalm 139 and 51

Proverbs 3

Galatians 5:16-26

James 3:13-4:10



## PRAYER

Devotion and connection with God; listening to, sharing with, and loving Him.

*The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

~ Philippians 4:5a-6

Matthew 6:5-13

John 17

Romans 12:12

1 Thessalonians 5:17

**Sacred Rhythms, Attuning Us to  
Knowing and Experiencing God's Love & Grace**

## DECEPTION:

Doubts, distortions, false narratives and lies that blind people from the Truth



*A murderer from the beginning, not holding to the truth, for there is no truth in him... for he is a liar and the father of lies.*

~ John 8:44

2 Corinthians 4:4, 11:14, 2 Thessalonians 2:1-12, Mark 4:15

### SILENCE & SOLITUDE

Quieting the “noise” and removing the “distractions” in order to listen to and respond to God.

*Come with me by yourselves to a quiet place and get some rest.*

~ Mark 6:31

O God, you are my God, earnestly I seek you; my soul thirst for you, my body longs for you, in a dry and weary land where there is no water. ~ Psalm 62:1-2

1 Kings 19:1-5

Psalm 63

Isaiah 30:15

### WITNESS

Sharing the Good News of Jesus with others; His life and our personal story of transformation.

*How then will they call on Him in whom they have not believed? And how are they to believe in Him of whom they have never heard? And how are they to hear without someone preaching?*

~ Romans 10:14

Isaiah 43:1-13

Mark 16:15-20

Acts 1:8 & 2

Matthew 28:18-20

Luke 10:1-24

Romans 10:14-19

1 Peter 2:9-12

2 Timothy 3:10-4:5

2 John



### SCRIPTURE

Meditating on and encountering God through His Word

*All scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness so that the man of God may be thoroughly equipped for every good work.*

~ 2 Timothy 3:16-17

Proverbs 7:1-3, Hebrews 4:12

### STORYING

Read a Bible Story & put it into your own words.

Read. Rehearse. (Repeat)

What's to learn about the characters? The impact of choices?

What can we learn about God? Jesus? Followers?

Psalm 75:1

Luke 10:38-42

Mark 4:35-41

Luke 19:1-10

**Sacred Rhythms, Attuning Us to  
Knowing and Proclaiming God's Truth**

## Destruction:

The relentless pursuit to destroy all the beauty and goodness God purposed for this world... to the end that Jesus is not known or worshipped.



*The thief comes only to steal, kill and destroy....*

~ John 10:10

1 Peter 5:8-9, Ephesians 6:11-16

### SABBATH

A weekly day of rest and delight in order to cultivate joy, be kind to ourselves, and to honor God; an unhurried day for our mind, body and soul.

*There remains, then, a Sabbath rest for the people of God; for anyone who enters God's rest also rests from their work, just as God did from his.* ~ Hebrews 4:9-10

Exodus 20:11  
Isaiah 58:13-14  
Ezekiel 20:20  
Matthew 11:28-12:14

### STEWARDSHIP

Recognizing that all we have is God's - spiritually, financially, and materially, including our gifts and our time, even our children - and offering it back to Him for His purposes.

*The Lord God took the man and put him in the Garden of Eden to work it and take care of it.*

~ Genesis 2:15

Luke 16:1-15  
Romans 12:1-8  
1 Corinthians 12  
1 Peter 4:10-11



### WORSHIP

Declaring the greatness of God;  
submitting to Jesus' authority in all areas of our lives.

*All the nations You have made will come and worship before You, O Lord; they will bring glory to Your Name. For You are great and do marvelous deeds; You alone are God.* ~ Psalm 86:9-10

1 Chronicles 16:7-36, Psalm 33, Psalm 100, Psalm 103, Jude

**Sacred Rhythms, Attuning Us to  
Our Proper Response to God's Beauty and Goodness**

## Division:

Discord, anger, envy, bitterness, and strife amongst people and towards God



*Now the serpent was more crafty than any other beast of the field .... He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden'?" ~ Genesis 3:1*

Romans 16:17-20, 2 Timothy 2:22-26

### GRATITUDE

Choosing to live with joy and a grateful heart, in all circumstances, because of God's love and eternal perspective.

*Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.*

~ 1 Thessalonians 5:16-18

Psalms 118  
Philippians 1:3-11  
Colossians 1-2:7  
1 Peter 1

### GENEROSITY

Lovingkindness, modeled after Jesus, that gives of time, money, and/or material possessions as well as forgiveness and mercy.

*Command them to do good, to be rich in good deeds, and to be generous and willing to share....*

~ 1 Timothy 6:18-19

Matthew 6  
2 Corinthians 8:1-15, 9:6-15



### FORGIVENESS

Receiving God's forgiveness; Jesus' death and resurrection. Forgive those who have offended us.

*...Be kind to one another, tender hearted, forgiving one another, as God in Christ forgave you.*

~ Ephesians 4:31-32

Psalms 30, Romans 12:17-21  
Ephesians 2:1-10, 1 John 1:5-2:14

### COMMUNION

Remembering and celebrating Jesus' sacrificial life.

*They devoted themselves to the apostles' teaching, fellowship, breaking of bread and to prayer.*

~ Acts 2:42

Matthew 26:17-29    Luke 22:14-20  
1 Corinthians 11:23-26  
Colossians 1:15-29

**Sacred Rhythms, Transforming Our Hearts as We  
Connect with God & Connect with Others**

## Isolation:

Lack of fellowship, connection, accountability, and intimacy with fellow believers and with God, leaving a person greatly vulnerable to Satan's attacks.



*Whoever isolates himself seeks his own desire; he breaks out against all sound judgment. ~Proverbs 18:1 ESV*

1 Peter 5:8

### CELEBRATION

Bringing God into our joys and celebrations, acknowledging His goodness and blessings; giving voice to the ways we see Jesus in the lives of others, for His namesake and praise.

*They tell of the glory of your kingdom and speak of your might, so that all men may know of your mighty acts and the glorious splendor of your kingdom.*

~Psalm 145:11

Genesis 12:1-3  
Deuteronomy 6:6-8  
Psalm 34:1-3, 67, 71

### FELLOWSHIP

The family of followers of Jesus, together living out His ways, growing in Christ-likeness and spiritual maturity. God's family, knowing and loving one another.

*They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.... They gave... with glad and sincere hearts.*

~ Acts 2:42-47

Ephesians 2:11-22, 4:1-16  
Hebrews 10:19-25  
Colossians 3:1-17  
Hebrews 12      Philemon



### SERVICE

Blessing others through our actions, as Jesus modeled for us.

*...serve one another humbly in love. ~ Galatians 5:13*

Matthew 25:31-46  
Mark 10:42-45  
John 13:1-17  
Philippians 2:1-11  
Romans 12

### HOSPITALITY

Giving loving welcome and serving others in your home.

*Be devoted to one another in love. Honor one another above yourselves.... Share with the Lord's people who are in need. Practice hospitality. ~ Romans 12:10-13*

1 Peter 4:8-11  
Hebrews 13:1-2  
3 John

**Sacred Rhythms, Strengthening  
the Family of God for His Glory**

## Temptation:

Worldly ways and desires turning us from following Jesus and towards sin.



*Then Jesus was led by the Spirit into the desert to be tempted...* ~ Matthew 4:1 (Jesus was tempted in: His Body - He shouldn't have to go hungry; His Mind - He should prove God's ability to save; His Spirit - all the kingdoms of the world in exchange for His allegiance.)

James 1:13-15, James 4:7

### CONFESSION & REPENTANCE

Acknowledging the ways we've turned away from God; in repentance, turning back towards God's lovingkindness and grace to receive His forgiveness through the atoning work of Jesus' death on the Cross.

*If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.* ~ 1 John 1:9

Jeremiah 3:6-4:2   Daniel 9  
Hosea 14   Matthew 4:12-17  
Romans 5  
1 John

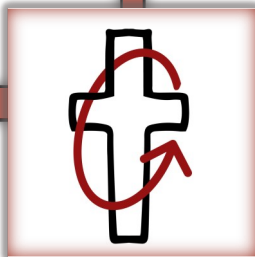
### CHASTITY

Honoring God with your body, understanding that it is God's temple, where Christ dwells.

*It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust.*

~ 1 Thessalonians 4:3-5

Romans 12:1-2  
1 Corinthians 6:12-20



### FASTING

Voluntarily going without food - or any other regularly enjoyed, good gift from God - for the sake of some spiritual purpose. Fasting creates time for prayer and meditation, focusing our mind, body and spirit on God's fullness.

*When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting... when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting...*  
~ Matthew 6:16-18

Nehemiah 1, Isaiah 58, Acts 13:1-3

**Sacred Rhythms, Attuning Us to  
Deny Ourselves as We Follow Jesus**

What accusations do you most often hear in your life? How might those be silenced when you consider God and yourself in light of your identity in Christ?

How might you be looking to other people and the world rather than to God for Truth? What sacred rhythm might you practice in order to keep your focus on God?

Consider the contrast of these passages: John 10:10, "The thief comes only to steal, kill and destroy..." and Psalm 146:8-9 "The Lord is gracious and compassionate, slow to anger and rich in love. The Lord is good to all; He has compassion on all He has made." What is seeking to destroy your life? Your relationships? Your walk with Christ? How might God be calling you simply to turn to Him?

What division(s) are you experiencing in your life? How might a connection with God influence your ability to repair a connection with someone else?

When we are isolated, we are vulnerable! God invites us to be fully known and fully loved. How is that hard for you? Who is someone that you could connect with to take a next step? Who do you know that needs to be fully known and loved?

Denying ourselves in order to follow Jesus goes against everything our culture tells us. How is God inviting you to deny yourself in order to better seek Him and follow Jesus?

How might implementing these practices help you to become Christ's reflection in this world? What could you imagine as the result of that decision?