

## Rhythm of Life: Rhythm #1 Prayer

### ENTER

**Q1:** Have you ever noticed how almost everyone prays, at least in crisis or ecstasy?

**Q2 :** What kind of patterns of prayer do you notice in your own life?

**EXPLORE:** examine and ponder passages Psalm 5:1-2 & Matthew 6:5-15

**Q3:** What does Psalm 5:1-2 and Matthew 6:5-15 say about praying?

Read & meditate on these additional passages that focus on prayer: Luke 5:15-16, Luke 11:1-13, Jude 1:20-21, Col. 1:3-10, 1 Thes 5:16-18, James 5:13-18

**Q4:** What other thoughts on prayer did you see in these passages?

**ENGAGE** - Read the Prayer section of the Rhythm of Life document

**Q5:** What is a good starting point for you to commune with God daily through prayer? Where and when will you do this?

**Q6:** Have you ever used the ACTS method of prayer? It consists of Adoration, Confession, Thanksgiving and Supplication.

## Rhythm of Life: Rhythm #2 Reading

### ENTER

**Q1:** Generally speaking, how & why do you read what you read—for information, entertainment?

**Q2:** How do you tend to read the Bible? Does that have any connection to other reading you do?

**EXPLORE:** - examine biblical passages and ponder life connections - Read Psalm 19:7-11 & Matthew 13:18-23

**Q3:** What does Psalm 19:7-11 and Matthew 13:18-23 say about the truth of God's Word and how people may respond to God's Word?

Read & meditate on these additional passages that focus on prayer: Psalm 119, 2 Chron 34, Neh 8, Acts 15:13-32, 1 Cor 1:18-21, Col. 4:16

**Q4:** What other thoughts on God's Word did you see in these passages?

**ENGAGE** - Read the "Reading" section of the Rhythm of Life document

**Q5:** What is a good starting point for you to commune with God daily through His Word? What do you plan to study?

**EXPAND** - Follow up

**Q6:** How have things gone this week with reading God's word? Your experiences, thoughts?

**Q7:** Have you considered passing on the practice of reading to others? How might you?

## Rhythm of Life: Rhythm #3 Reflection

### ENTER

**Q1:** What do you tend to think about most throughout the day?

**Q2:** When you relax, what do you tend to think about? What sort of conversations with yourself?

### EXPLORE: Read Psalm 1 & 1 Corinthians 1:26-31

**Q3:** What do Psalm 1 and 1 Corinthians 1:18-31 show us about reflecting on God's Word?

Read & meditate on these additional passages that focus on prayer: Psalm 139:1-24, Proverbs 1:1-9, Proverbs 20:5, Proverbs 1:22-33/11:14/20:16/24:1-6, Acts 15:6, 2 Timothy 2:7

**Q4:** What other thoughts on reflection did you see in these passages?

### ENGAGE & Expand: Read the "Reflection" section of the Rhythm of Life document

**Q5:** When and how do you and will you reflect on God's Word? How is it connected to prayer and studying God's Word?

## Rhythm of Life: Rhythm #4 Rest

### ENTER

**Q1:** There's a phrase, 'working for the weekend.' Do you resonate with that sentiment?

**Q2:** What do you fill your 'off time' with? Does it feel restful and refreshing?

**EXPLORE:** Read Genesis 2:1-3 & Matthew 11:28-30

**Q3:** How does Genesis 2:1-3 relate to God's design for rest?

**Q4:** How do you process the words of Jesus in Matthew 11:28-30?

Read & meditate on these additional passages that focus on prayer: Exodus 20:8-11, Exodus 23:9-12, Joshua 21:43-45, Matthew 6:24-34, Hebrews 3:7-4:11

**Q5:** What other thoughts on rest did you see in these passages?

**ENGAGE & Expand:** Read the "Rest" section of the Rhythm of Life document

**Q6:** Would it be hard for you to find a 3 hour block of time where you intentionally rested from work and entertainment? What would be a good weekly starting point for you to set aside time for rest?

## Rhythm of Life: Rhythm #5 Body

### ENTER

**Q1:** There's a lot of emphasis on bodily health in our culture? What good does that appeal to?

**Q2:** How connected is your physical body to your spiritual life?

**EXPLORE:** Read Genesis 1:26-31, 2:7 and 1 Corinthians 9:24-27

**Q3:** As you read Genesis 1:26-31 and 1 Corinthians 9:24-27, how do you understand 'disciplining your body' in ways that respect Creator's design? Is this the same or different than our culture's view of caring for our bodies?

**Q4:** What is your body telling you right now? Do you feel very aware of what your body needs?

Read & meditate on these additional passages that focus on caring for your body: Romans 6:12-13, Romans 12:1-2, 2 Corinthians 5:1-10, Philippians 3:17-21

**Q5:** What other thoughts on caring for our bodies did you see in these passages?

**ENGAGE & Expand:** Read the "Body" section of the Rhythm of Life document

**Q6:** What is a good starting point for you to incorporate regular exercise in your week? Examine you eating in terms of health & moderation. Would you be willing to share where you are with this?

## **Rhythm of Life: Rhythm #6 Fellowship**

### **ENTER**

**Q1:** What things first come into your mind when you hear the word ‘fellowship’?

**Q2:** What sort of similarities & contrasts with other words like ‘individual’ or ‘team’ or ‘relationship’?

**EXPLORE:** Read Acts 2:42-47 and 1 Corinthians 14:26

**Q3:** As you Acts 2:42-47 and 1 Corinthians 14:26, what do you need from this CG in terms of fellowship? What do you want to be for others in this CG?

Read & meditate on these additional passages that focus on Fellowship: Psalm 27:4, Psalm 107:31-32, Proverbs 17:17, 18:24, Ephesians 5:17-21, Colossians 3:15-17, Hebrews 10:19-25

**Q4:** What other thoughts on “Fellowship” did you see in these passages?

**ENGAGE & Expand:** Read the “Fellowship” section of the Rhythm of Life document

**Q5:** What is the difference between the fellowship you experience on Sunday morning and in Community group? Do you sense a need for both?

## Rhythm of Life: Rhythm #7 Friendship

### ENTER

**Q1:** What comes to mind when hear the phrase, 'small talk'? Do you like it, or not?

**Q2:** What do you tend to talk about with your non-Christian friends? Much 'small talk'?

### EXPLORE: Read John 4:1-42

**Q3:** As you read John 4:1-42, what actions or words resonate with you?

**Q4:** In John 4:1-42, Jesus teaches his disciples through His Word and His actions. What does this teach you about "friendship" in the world?

Read & meditate on these additional passages that focus on Friendship: Psalm 66:1-5, John 4:1-42, Matt. 28:18-20, Luke 23:36-53, Rom. 1:14-17, 1 Cor. 1:18-2:5, 1 Cor. 9:16-23, Col. 4:3-6, 1 Thes. 4:12, 1 Tim. 3:7, 1 Peter 3:8-20

**Q5:** What other thoughts on "Friendship" did you see in these passages?

### ENGAGE & Expand: Read the "Friendship" section of the Rhythm of Life document

**Q6:** Where are you challenged to be intentional with "Friendships"? Who do you sense God is calling you to connect with?

## Rhythm of Life: Rhythm #8 Giving

### ENTER

**Q1:** On what things do you spend most of your money, time, thought life/emotional energy?

**Q2:** Have you heard the saying “time, talent & treasure”? How does our culture view and use money, time and talents?

**EXPLORE:** Read 1 Peter 4:8-11 and Luke 12:22-34

**Q3:** What are the varied gifts (spiritual, financial, and otherwise) given to you for others' sake?

**Q4:** Generally, audit where you invest your time, money and emotions in an average week?

Read & meditate on these additional passages that focus on Giving: Exodus 35, Acts 2:42-47, Romans 12:1-21, 2 Corinthians 9, Ephesians 4:1-16, 2 Thess. 1:11-12, 1 Peter 4:8-11

**Q5:** What other thoughts on “Giving” did you see in these passages?

**ENGAGE & Expand:** Read the “Giving” section of the Rhythm of Life document

**Q6:** Where do you need to be challenged and encouraged in the giving of your time, your talent, and your treasure? Be specific and for each one.