

Corporate Rhythms

I. Worship

- A. What it looks like can vary depending on the church, but two critical elements:
 - 1. The Word of God preached
 - 2. The Ordinances administered
- B. Other elements (singing, fellowship, giving) flow into and out of those two elements
- C. Application
 - 1. Individual: Make time to prepare for worship. Try reading & studying the passage that is being preached the next Sunday beforehand.
 - 2. Family: Give family worship a try. Let it be crazy and difficult and awkward. And it will change with the season your family is in.
 - 3. Church: Prioritize the gathering of the saints

II. Confession

- A. We confess primarily to God, but also to each other (James 5:16)
 - 1. This cultivates humility in us
 - 2. It also encourages other believers who are struggling with sin
 - 3. Finally, it can help us feel the forgiveness of Christ
 - Dietrich Bonhoeffer said it like this:
“A man who confesses his sins in the presence of a brother knows that he is no longer alone with himself; he experiences the presence of God in the reality of the other person.”
- B. Some practical thoughts:
 - 1. Utilize wisdom in discerning who to confess to
 - a) How many to tell?
 - b) Who to tell? Someone who keeps a confidence well
 - 2. When we hear someone confess sin, we shouldn't run straight to dismissing it as not too bad.
 - 3. We don't need to be told our sin is OK. We need to be told it is forgiven.
- C. Application
 - 1. Individual: Cultivate a practice of asking God to reveal if anything in your life should be confessed
 - 2. Family: Do we confess to our families when we are in the wrong?
 - 3. Church: Strive for a culture where it is ok for broken people to admit their brokenness

III. Remembering & Celebration

- A. One of the most frequent commands to God's people in OT is to remember
- B. We don't have those in the NT, but doesn't mean it isn't a helpful practice to stop and celebrate
 - 1. We were created for joy
 - 2. We think the end of history is a celebration
 - 3. So shouldn't we be a people known for celebration?
- C. Application
 - 1. Individual: Building time to remember what God has done in regular rhythm with God & praising him for it.
 - 2. Family: Being a home that makes a point to remember milestones together and celebrate them & other events
 - 3. Church: Share in the joy of other believers. Celebrate together.

IV. Wrapping up the series

- A. Some will leave feeling beat up that they aren't doing more
 - 1. This shouldn't be a source of guilt and shame. We are all works in progress
 - 2. Takeaway is grab one practice to work on in the next season
 - a) Give yourself grace along the way
- B. Others hear it and think they're already too busy, it's just not feasible and write it off

1. Reality is our lives are defined by how we spend our days.
2. Consider the person you want to be. Does it line up with what you prioritize with your time? Are your rhythms helping you become that person?
3. If not, where can you make a change or two to move you in the right direction?

Small Group Questions

- 1) When it comes to spiritual disciplines, what are some things you tried in the past that worked well for you? What have you tried that didn't work?
- 2) The inward practices that we talked about were biblical intake, meditation, and prayer. How have you ever used these together? How have you seen the benefits of combining these practices?
- 3) The outward practices that we talked about were silence & solitude, fasting, and servanthood. Of these three, which is most difficult for you? Why? How can you begin to implement some of these practices in your life?
- 4) The corporate practices we looked at were worship, confession, and remembering/celebrating. Do any of these come more naturally to you? Is one particularly difficult?
- 5) There are two dangers with a series on spiritual practices. The first is we can be prone to beat ourselves up for not doing things we know we should. The second is believe we simply don't have extra bandwidth to utilize them, and so tune out. Which are you prone to? How can you push back against this tendency?
- 6) What is one takeaway for you from this series?