



GLORIFYING GOD BY LEADING PEOPLE TO BECOME  
FULLY DEVOTED FOLLOWERS OF JESUS CHRIST

this book  
belongs to:

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## Day 1: Explore

The first day of the weekly rhythms will introduce you to the subject of the week.

## Day 2: Meditate

The second day is designed as a day to dig into scripture. We want to align our lives with the truths found in scripture and allow God to convict us through his Word.

## Day 3: Change

This is the day in which we begin to allow scripture to change our beliefs, attitudes, and relationships.

## Day 4: Action

This day we have provided you action steps to help you put into action what we have been talking about all week. Some of the steps may seem difficult, but your faith will be strengthened if you are willing to put forth the effort.

## Day 5: Community

Life is better in community and we do not want you to live out your faith alone. This is a day for you to get together with your life group to discuss what God is doing in and through your lives. By regularly meeting with your group, you will be better able to remain focused and encouraged to grow in your relationship with Jesus Christ.

***Note: In order for day five to coincide with your life-group, you need to start Explore four days before your life-group. For example, if your group meets on Wednesday, then you need to start Explore on the previous Saturday.***

## Day 6: Calibrate

This day will revisit the theme of the week and provide additional questions to transform your life by scripture.

## Day 7: Celebrate

The last day of the weekly rhythms we reflect on who God is and what He has done through His Son Jesus Christ. We know that this day may not be a day that you can set aside as a day of rest. For that reason, we kept this day simple and ask that you try to incorporate it either on this day or on the day you normally take Sabbath.

# EXPLORE

Christ's Church has an intentional approach to becoming fully devoted followers of Jesus Christ. It involves pursuing God, connecting disciples, and unleashing compassion. We call these gospel rhythms.

1. We **pursue God** as individuals and as a congregation through God's word (the Bible), prayer, and worship.
2. Through authentic relationships with other people, we **connect disciples** as we pass on the faith that was passed on to us.
3. We **unleash compassion** on the world because God has unleashed compassion on us.

Pursuing God, connecting disciples, and unleashing compassion is what propels us into the mission that God has called us to participate in.

We believe that the **large gathering** on Sundays is a time where we can celebrate what God has done, is doing, and will do. Then we meet together in smaller settings called **Life Groups** as we practice the gospel rhythms together encouraging one another to mature in Christ.

- *Are you actively pursuing God, connecting disciples, and unleashing compassion? (Gospel Rhythms)*
  
  
  
  
  
  
  
  
  
  
- *What do the Gospel Rhythms currently look like in your life?*
  
  
  
  
  
  
  
  
  
  
- *What do you desire them to look like in your life?*

God's word (the Bible) is the source of authority for Christian believers around the world. The Bible guides us to live Christ-centered in every aspect of our lives. We know from a letter in the Bible called 2 Timothy that scripture reveals to us wisdom and that wisdom leads us to salvation. God knew from the beginning of the world that we would need to be reminded of his faithfulness, encouraged by what he has done, and reminded of the hope in what he will do. Scripture should be the source of truth we use to align our lives.

- *What areas of your life do you need to align with the truth of God's word?*

# CHANGE

## Read 2 Timothy 3:16-17

God's word is one of the most valuable tools a believer has. Through our relationship with Christ and the inward working of the Holy Spirit, we are able to understand and apply the truths that we find in scripture. Paul tells Timothy that scripture is useful for teaching so that we may be fully equipped for every good work. Scripture teaches us what truth is and how to live according to the truth.

- *How does the knowledge you have of God's word lead you to a lifestyle different than what it was before you knew Jesus?*













## **Read Ephesians 4:11-16**

Being a mature Christian sounds great, but where does a person start in order to move to a mature faith in Christ? It starts with an open heart. Are you calling the shots or are you allowing God to guide your life? In order to truly answer that question, write down in the space provided how you spend most of your time, money, and efforts. The reality is that your time, money, and efforts reveal a lot about who or what your heart is following. If you find that your actions are focused more on you rather than God, then repent of that behavior and allow God to be first in your life.



## Read John 14

When you look at the life of Jesus and the lives of the religious leaders, one of the key differences that you will notice is the relationship Jesus has with God the Father verses' the entanglement of religion. John 14:6 tells us that the only way to the Father is through a relationship with the Son (vs 7 "know"). Our relationship with Christ will compel us to participate in kingdom activities. However, if we just participate in "church" activities to earn salvation or God's favor, then we have missed the message of John 14.

Take a minute to assess your relationship with Christ today. Are you trying to earn your way to the Father by your "doing" or does your "being" in Christ lead to the works God has prepared for you (Ephesians 2:10)?

# CALIBRATE

## Read Luke 10:1-20

Jesus was able to disciple his followers by constantly having them live out a rhythm of showing people good news (healing, casting out demons, feeding etc...) and sharing the good news (the kingdom of God is near, Jesus is here). Luke 10:1-20 is a great example of how Jesus would send his followers to participate in the mission of God. Take some time and read through this section of scripture and make some notes about key aspects of following Jesus, the message of the Kingdom, the response of others, and the response of the sent ones.

- *What would your life look like if you were fully committed to the mission of God?*

# CELEBRATE

Write down 3 positive outcomes of being connected into a community of believers (group) or being part of a team:

1.

2.

3.

- *How does being part of a group/team enable us to do more, go further, and grow deeper than if we did things on our own?*
  
  
  
  
  
  
  
  
  
  
- *Thank the people who have helped you along your journey to this point so far.*
  
  
  
  
  
  
  
  
  
  
- *Thank God for never leaving us or giving up on us despite the fact we have nothing to bring to the table.*

# EXPLORE

## Read Matthew 9 and John 10

Many times, we hear the word compassion and it brings to mind the feeling of conviction to meet a physical need someone might have. Often, we have pride in our privileged circumstances and look down or feel sorry for their situation and that is what leads to action. However, we see that Jesus was moved to compassion primarily because of a person's broken spiritual condition. In Matthew 9, Jesus had addressed their physical condition by healing them, but he tells us that their spiritual condition was the primary focus of his compassion (vs 35-38). In John 10, Jesus is referred to as the good shepherd because he is the one that brings life, hope, and purpose.

▪ *In what ways has Jesus asked you to trust, follow, and obey him?*

▪ *Do you believe what John 10 says about Jesus being the good shepherd? Why / Why not?*





## Read Matthew 9:35-38

- *Are you participating in advancing the Kingdom of God?*
  
  
  
  
  
  
  
  
  
  
- *Have you ever asked God to send you out into the harvest?*

The normal response is that we like it when someone else is sent out into the harvest, but when God sends us, then we tend to make excuses and disobey. We need to rise above the normal response of disobedience and instead respond with obedience as God sends us into the harvest.

- *How can you respond in obedience when God sends you into the harvest?*
  
  
  
  
  
  
  
  
  
  
- *What is holding you back?*

# COMMUNITY

## Read Matthew 9:37-38

How should we respond to the fact that there are so many unbelievers in the world? Jesus tells us in the book of Matthew to “pray earnestly to the Lord of the harvest to send out laborers into his harvest” (ESV).

Spend time today praying that God would send workers out into the harvest.

Pray for our Mission Partners:

Con Mis Manos - Mexico

Oblong Childrens Christian Home

Jorge and Carmen Mercado - Mexico

Cave of Adullam - Carlos and Raisa Sanchez - Costa Rica

Sonlight Academy- Rob and Cindy Schoaff- Haiti

John and Cheryl Dunn - Taiwan

Feed the Crave -Costa Rica/India/Russia

Michael and Rosiland Trusty - New Zealand

Oil Belt Camp - Flora, IL



# CELEBRATE

## **Read Matthew 9:36**

So how do you make unleashing compassion a natural part of your everyday life? You start by pointing every situation back to God. Point others to God by sharing who he is, what he has done, and what he is doing in your life now. Then when God makes you aware of a need (spiritual or physical), meet that need. If you rely on the Holy Spirit to lead you and follow in obedience, then you will be able to see God at work in the lives around you.

Write down your thoughts, prayers, concern that you need to communicate with God.

