



WK 5 CC CONNECT GROUP STUDY //

Date: Week Beginning 04.03.18

Topic: Sacred Rhythms

Text: **Luke 4:16** *“And he came to Nazareth, where he had been brought up. And as was his custom, he went to the synagogue on the Sabbath day, and he stood up to read.”*

STUDY 5 // SACRED RYTHMS

God has built into His creation the ebb and flow of natural occurrences. Genesis 8:22 describes it like this:

“While the earth remains, seedtime and harvest, cold and heat, summer and winter, day and night, shall not cease.”

Another way to look at these seasons is to realise that they are natural rhythms that God has, in His order and creative omniscience, placed with purpose within the cosmos. By understanding these intervals we recognise patterns and can begin to predict outcomes accordingly.

As we continue our series on the spiritual realm, today’s study is about the spiritual practices and disciplines that we can deploy in our personal journey as disciples of Christ to follow Jesus more deeply. There are patterns and seasons we create in our everyday life, that either help or hinder us in our Christian faith. Sacred rhythms are those spiritual exercises that reinforce and transform our life from elementary pursuits toward spiritual maturity (*Hebrews 6:1*). When we look at Scripture we see examples of people who did not fulfil their full potential because of wrong rhythms and habits in their life:

Read and Comment // Judges 16:1-6 ; Luke 15:11-32

We also find examples of those who built godly habits and sacred rhythms which served them well in the many seasons of life.

Read and Comment // Genesis 39:1-10 ; Acts 13:22

READ 1 SAMUEL 1:1-8

Discuss the example of regular worship and faithfulness of Elkanah (vs 3) and the ongoing taunting from Hannah’s rival (vs 6-7).

How might the patterns in Samuel’s parents lives, have affected his calling in God?



SUNDAY SERMON PERSONAL //

Whether you were at Cross Central on Sunday, or you watched the sermon on our youtube channel, what are some discussion points that stuck out to you, that you would like to share with the group?

- 1.
- 2.
- 3.

SCRIPTURE READING & DISCUSSION //

Read & Discuss Luke 4:14-21

Jesus returned in the **power of the Spirit** (vs14), yet He went to the synagogue as was **His custom** (vs16). Discuss the difference between these two dynamics.

Read & Discuss Luke 5:12-16

Why would Jesus “...withdraw to desolate places to pray.” (vs16)? Comment on whether or not you think this was a sacred rhythm for Jesus and why? (*Mt 14:23, Mark 1:35, Mark 6:46, Luke 4:42*)

Read & Discuss Acts 2:42-47

After the supernatural manifestation of the Holy Spirit (*Acts 2:1-4*) what did the early church devote themselves to (*Vs 42*)? (*Vs 46*) Why is this an important rhythm?

Read & Discuss Jeremiah 22:21

When did God speak to them and why did they not listen? What lesson can we learn from this?

Read & Discuss Hebrews 10:19-25

How do we “hold fast’ to our confession (*vs23*)? What is the encouragement and warning in *vs 24 & 25* ?



ADDITIONAL DISCUSSION //

1. What are your experiences of work and rest? What happens when these rhythms are out of alignment?
2. Share one of your spiritual rhythms, habits or disciplines that have helped you in your life.
3. What new spiritual exercise would you like to learn or add to your Christian walk?

SERIES OBJECTIVES //

These are our four main goals for this series. Which one of these objectives has been highlighted to you in this study and what action will you take, because of it, this week?:

- 1. Reinforce and teach our Cross Central value of 'BELIEVE'**
- 2. Provide our people with a Biblical perspective of the supernatural.**
- 3. Raise our awareness and engagement in practical spiritual disciplines.**
- 4. Actively deploy our God given spirituality as followers of Christ.**

PRAYING FOR YOU THIS WEEK //

How can I pray for you this week?
