

Discipleship Group SERIES QUESTIONS

Rhythms

Message Series

As we step into fall — back-to-school, full calendars, and the rush of a new season — it's easy to feel like life is moving faster than we can keep up. Most of us don't choose the rhythm we live in; we inherit it. But Scripture offers a different way. From creation, God designed life with rhythm: work and rest. Jesus invites us into that rhythm when He says, "Come to me... learn from me." This series will explore three rhythms we were made to live: Rest is how a life with God starts. Learning is how a life with God grows. Work is how a life with God is lived. These aren't seasons you visit — they're rhythms you live.

WEEK 2 Background

You are always being shaped by something. There is no neutral ground — no coasting. The voices we let into our minds through media, habits, and relationships are forming who we become, whether we've chosen them or not. Jesus doesn't just offer forgiveness. He offers formation. He calls us to come to Him, to learn from Him, to let His word reshape how we think and live. Following Jesus means becoming a disciple — which means becoming a learner. And learning is not automatic. It must be chosen, daily.



WEEK 2 Reading

Romans 12:1-12, Psalm 1:1-3

Discipleship Questions

- What do we learn about God in this passage?
- What is God teaching the people in the passage?
- What is the Holy Spirit teaching you personally?
- What will you do with what God is teaching you?

WEEK 2 Questions

- What is the first thing you think of or do when you hear the word "discipleship"? How does that compare to what the word actually means in Scripture, where a disciple is a learner?
- In Romans 12:1-2, what does Paul appeal to us to do, and what is the result of that obedience? What two paths does verse 2 set in contrast with each other?
- Read v.3–8. How does this section show that a transformed life is not lived in isolation, but within the body of Christ?
- Read Psalm 1:1–3. The blessed person described here actively chooses what shapes them — whose law they meditate on, what counsel they follow. How does this psalm illustrate the kind of intentional formation Paul calls for in Romans 12?

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