

LESSON *FIVE*

NEW LIFE



Be With Him in Rhythms of Renewal

Why this matters: Following Jesus is not about trying harder—it's about staying connected to Him. Healthy spiritual rhythms create space for God to renew us, strengthen us, and help us continue growing over the long journey of discipleship.

Start Here: When life feels busy, stressful, or overwhelming, what helps you slow down and reconnect with God?

The Big Idea: Jesus invites us into a way of life that brings rest, renewal, and deeper connection with Him.

Read Together:

Matthew 11:28-30

John 15:4-5

Genesis 2:2-3

After reading, ask: What stands out? Why do you think Jesus invites us to rest in Him?

A Few Truths to Hold:

- Spiritual rhythms help us stay connected to Jesus.
- God uses practices like fasting, solitude, and Sabbath to renew us.
- Growth happens through consistent connection, not constant striving.

Talk About It: Why do you think slowing down can be difficult in our culture and in our own lives?

Living It Out: Jesus regularly practiced rhythms that kept Him connected to the Father.

- Fasting creates space to hunger for God.
- Solitude creates space to listen and be with God.
- Sabbath creates space to rest and trust God.

These practices are not about earning God's approval. They are simply ways of creating room for relationship with Him.

Practice This Week: Choose one rhythm to try this week:

- Skip one meal and spend that time praying (fasting).
- Set aside 15 minutes of uninterrupted quiet with God (solitude).
- Block off a few hours to rest, worship, and enjoy God's presence (Sabbath).

Pray Together: Pray for one another to help you build healthy spiritual rhythms, and teach you to rest in His presence.

Looking Ahead: As you continue following Jesus, keep practicing rhythms that help you stay connected to Him. A lifelong walk with Jesus is built one faithful step at a time.