RHYTHMS

PATTERNS THAT SHAPE A LIFE WITH GOD

Week 1

Growth Group Opener:
What non-spiritual rhythm of life are you most consistent in right now?
(For example: exercise, lunch with a friend, date night, healthy foods, etc.)

Read Romans 12:9-13

If you had to choose one phrase from this passage that all of the others stem from, which phrase would it be? Why do you think it is the catalyst for all the others?

How does an inner spiritual life connect with outward actions?

How do v.12-13 challenge the idea that the Christian life is easy or free from trouble?

Paul instructs believers to be in constant prayer. What does that look like in practical terms in the context of a normal life?

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Paul instructs believers to be in constant prayer. What does that look like in practical terms in the context of a normal life?

This kind of constant prayer could be described as rhythmic, as opposed to reactive. Prayer can be part of the natural rhythms of what you do all day every day, in the background of your activity, your responsibilities, and even your stillness.

- How does this idea of a rhythm of prayer contrast with reactive prayer, which is a conversation we start with God in response to something?

- How would our prayer life differ if we leaned more towards rhythm than reaction?

How does a rhythm of prayer protect all of the other instructions given in this passage?

Which part of this passage feels most challenging to you right now?

What do we learn about God in these passages?

Is there anything you feel the Holy Spirit nudging you to look at more closely?

Challenge: Choose one rhythm of life from this passage to focus on incorporating into your life in a new way this week.

Prayer:
Father, thank you for loving us unconditionally, and thank you for the privilege of coming to you in prayer. Help us to center our lives around you. We pray that you would shape our lives through rhythms that keep us close to you. In the name of Jesus, amen.

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