

RHYTHMS

PATTERNS THAT SHAPE A LIFE WITH GOD



Week 2

Growth Group Opener:

**What plays on repeat in your mind when you're tired or distracted?
(Examples: song lyrics, conversations, memes, to-do lists, etc.)**

Read Romans 12:9-13; Joshua 1:7-9

In Joshua 1, what all does God command Joshua to do with the Book of the Law?

What promises are connected with meditation and obedience?

When you think of meditating on Scripture, what comes to mind?

What connection do you see between what we dwell on and how we live?

Meditating on Scripture is not about emptying the mind...it is about filling it intentionally. We do this because the voice(s) we hear most often, the ones we pay the most attention to, are the ones that shape us.

Why do you think God connects strength and courage to meditating on his word?

How could meditating on God's word help guard us against anxiety, hurry, or burnout?

How might a practice of Scripture meditation help cultivate the traits in Romans 12?

What is one simple, sustainable way you could begin or deepen a rhythm of Scripture meditation this week?

What do we learn about God in these passages?

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

Prayer:

Father, thank you for giving us your word. Help us find delight as we meditate on it. Slow us down enough that we can hear your voice. Shape us as we listen to you, and as your words echo within us throughout the day. Help your truth produce love, courage, and faithfulness within us. In the name of Jesus, amen.

Optional Challenge:

Use the provided 4-week Scripture meditation plan for the next month.