

RHYTHMS

PATTERNS THAT SHAPE A LIFE WITH GOD



Week 4

Growth Group Opener:

When life gets hard, do you tend to move toward or pull away from other people? Why do you think that is?

Read Romans 12:9-13; Hebrews 10:24-25; Acts 2:42; James 5:13

What actions, postures, and rhythms do you hear throughout these passages?

What repeated themes do you notice?

What stands out about the rhythms that held the early church together in Acts?

What role does community play in spiritual growth in Hebrews 10?

Why do you think Scripture repeatedly links prayer, suffering, and joy to community instead of isolation?

What tends to get in the way of Christian community for you personally?

Which of the rhythms in Acts 2 feels the most natural? The most absent?

What needs to shift in your life to make room for true spiritual community?

What do we learn about God in these passages?

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

Community Challenge (choose at least one this week):

Connect with a Christian friend and just listen, without fixing or agendas.

Intentionally speak life into someone this week.

Share a joy or struggle with a fellow believer and pray about it together.

Identify one rhythm from Acts 2 to practice more consistently throughout your normal weekly routine.

Prayer:

Father, thank you for the gift of the church and each other. We know that you exist in community within the trinity, and you desire that same unity and love for your people. Help us to overcome the barriers within our lives that block depth of community with our spiritual family, and to live out a shining example of the kind of church you have called us to be in the world around us. In the name of Jesus, amen.