



Sermon
Discussion
Guide

Sunday, May 8, 2022

Habits & Attitudes: Rhythms

Read/Reflect

1. Read Matthew 11:28-30
2. Reflect- Is my life too busy or too hurried for me to have a healthy rhythm of relationship with God? Do I truly believe that having a consistent, unhurried, and purposeful rhythm with God is important? What am I willing to do to foster that relationship?

Explore

3. Silence and Solitude: Practicing silence and solitude—especially when we are busy—is essential to experiencing a healthy spiritual life. What could it look like for you to take a step toward finding solitude with God this week?
4. Sabbath: Honoring the sabbath is a decree from God that allows us to rest and recharge without guilt. What could it look like for you to intentionally carve out a sabbath day once a week? What are you most excited to do on your next sabbath?
5. Simplicity: Cultivating simplicity will give us the margin to receive the love of God and, in turn, give that love to the people around us. What in your life could you downsize or give away? What would it look like to try living with less for the next month?
6. Slowing: Physically slowing down trains our souls to resist hurry and increases our capacity to be present with God and others. What could it look like to slow down one hurried aspect of your life this week?
7. The practices of silence and solitude, the sabbath, simplicity and slowing, will not only help you rest and give you peace but also will connect you intimately with Jesus. Which of these four practices can you add to your weekly schedule? What would it look like to practice all four?

Pray

- Ask the Lord to give you what you stand in need of to re-align your priorities. Self control, discipline, etc.
- Pray and support one another in any decisions made individually