

DISCUSSION GUIDE

“Rhythms” Week 2 | Daniel Groves | “Rhythms of Rest”

“Come to me, all you who are weary and burdened, and I will give you rest.”

-Matthew 11:28 (NIV)

“And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus ...”

-Hebrews 12:1-2 (NLT)

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

-Mark 1:35 (NIV)

casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].

-1 Peter 5:7 (AMP)

The Lord replied, “My Presence will go with you, and I will give you rest.”

-Exodus 33:14 (NIV)

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul

-Psalm 23:1-3 (NIV)

Truly my soul finds rest in God; my salvation comes from him. Truly he is my rock and my salvation; he is my fortress, I will never be shaken

-Psalm 62:1-2 (NIV)ff

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

-Philippians 4:6-7 (ESV)

WE HAVE TO STOP WALKING IN OUR CONDITION AND START WALKING IN OUR POSITION.

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

-Ephesians 6:13-17 (NIV)

And when it was day, He departed and went into a desolate place. And the people sought Him and came to Him, and would have kept Him from leaving them, but He said to them, "I must preach the good news of the kingdom of God to the other towns as well; for I was sent for this purpose."

-Luke 4:42-43 (ESV)

Therefore says the Lord God, "Behold, I am the One who has laid as a foundation in Zion, a stone, a tested stone, a precious cornerstone, of a sure foundation: "Whoever believes will not be in haste."

-Isaiah 28:16 (ESV)

WE HAVE TO RELINQUISH CONTROL.

Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.

-Proverbs 3:5-6 (BSB)

WE HAVE TO ALLOW GOD TO MESS UP OUR PLANS.

In their hearts humans plan their course, but the Lord establishes their steps.

-Proverbs 16:9 (NIV)

Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. Don't assume that you know it all. Run to God!

-Proverbs 3:6-9 (MSG)

DISCUSSION QUESTIONS:

1. What are some questions or curiosities you have from today's message? (Leader Note: This is a great place to understand where your group is in their spiritual walk and understanding. Encourage members to ask whatever questions they may have - often, people are hesitant to ask questions when they feel they might be too "basic" or about something they should already know)
2. What is one point from the message that stuck out to you? Why? (Leader Note: As members share their points, allow people to engage with one another about these points. Are two or more people bringing up the same point? Use that time to talk more about it, see how it moves you and your members - the Holy Spirit may be leading your House Party in a specific direction)
3. What is a truth about God, the world, or yourself that you have learned today?
4. What is one way you can apply this message to your life this week? (Leader Note: Great applications are S.M.A.R.T: Specific, Measurable, Attainable, Relevant, Time-bound).