

Small Group Discussion Guide

Healthy Rhythms: For the week of August 9 - 15, 2020

Physical distancing protocols for safety at Small Groups:

- Upon arrival and departure from group, please wear masks.
- Once seated and physically distanced, masks can be removed.
- Whenever physical distancing is not possible, we kindly ask that masks remain on.

Main Thought and Scriptures:

Spiritual health is the result of abiding in Christ. Jesus came to demonstrate to us how to abide through His own healthy rhythms. He practiced regular withdrawal from His busy life to spend time with the Father. This rhythm enabled Him to fulfill His purpose.

"That evening after sunset the people brought to Jesus all the sick and demon-possessed. ³³The whole town gathered at the door, ³⁴and Jesus healed many who had various diseases. He also drove out many demons... ³⁵Very 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 1:32-35 NIV)

"...great crowds gathered to hear him and to be healed of their infirmities. But he would withdraw to desolate places and pray." (Luke 5:15-16 ESV)

Like Jesus, in order to fulfill our purpose, we need to maintain healthy rhythms where we withdraw from the busyness of life in order to abide with Him through...

REST.

- We should allow our bodies sufficient time to replenish and recover by practicing the sabbath as Jesus did.

REFLECTION.

- We should make time to invite God's thoughts to guide ours through regular times of solitude and prayerful reflection.

READING the Word.

- We should make time to read the Word which establishes an unchanging foundation for our thoughts and values.

PRAYER.

- We should make regular time to pray for God to move in our lives and in the lives of others.

Discussion Questions:

- What stands out to you from the main thoughts and scriptures above?
- What challenges do you face in applying these healthy rhythms in your life? What practical steps can you take to make these rhythms a part of your life?

Prayer:

- Pray for one another to establish healthy rhythms to abide in Christ.
- Pray for one unreached friend or family member that God will give you opportunities to reach out to them.