



## “RHYTHMS”

“The Rhythm of Relationships”

August 17 - 18, 2019 // Pastor Tyler Scott

### INTRODUCTION

Summer is super fun, but let's be honest: sometimes the lack of structure and routine can be a challenge. It's time to get back into some healthy rhythms! Over the next five weeks, we'll learn to establish (or re-establish) healthy rhythms that will benefit every area of your life--relationships, family, work and more.

### DISCUSSION QUESTIONS

1. Have you ever been OUT of rhythm personally or as a family? Describe that.
2. Have you ever been IN RHYTHM personally or as a family? Describe that.
3. **Read Psalm 1:1-3, Psalm 37:4, Matthew 6:33, and John 15:1-11.** What big idea do these passages have in common?
4. If we want healthy relationships, we must establish (or re-establish☺) healthy rhythms. And the #1 RHYTHM is DAILY time with GOD. Why do you think this rhythm is so important?
  - **Read Psalm 28:7-9.** Have you ever been in a good rhythm with daily times with God—reading Scripture and praying? What were some benefits to that rhythm? What benefits do you see in this passage?
  - What are some challenges we'll have to overcome to establish this rhythm?
  - The action step was to “Find your spot, and meet God daily.” Where is “your spot,” where you can meet God daily?
5. The #2 RHYTHM is WEEKLY gathering with your FAMILY. (\* this could mean your actual family, or your functional family, ie your circle of close friends). In this season of your life, is this rhythm easy or hard for you to establish? Why?
  - **Read Deuteronomy 6:5-7.** What are some benefits to the action step to “Protect The Table,” in your home and with your family? How are meals conducive to discussing your relationship with God?
  - What are some challenges to intentionally gathering as a family—even on a weekly basis—in this season of your life?
  - **Read Psalm 84:10.** The second action step for “WEEKLY gathering with your FAMILY” was to “PRIORITIZE CHURCH.” Where do you see the greatest impact in your life when you prioritize going to church each week?
6. The #3 RHYTHM is CONNECT in a GROUP to GROW. Why is a small group setting so conducive to growth? Where have you personally experienced (or witnessed in someone else) significant GROWTH as a result of being connected in a group?
  - Read Hebrews 10:24-25. Why is meeting together so important? What are some choices you must make to ensure you are connected in a group? What challenges

will you face (re: schedule, kids activities, work, etc.), and how can you overcome them?

#### COMMIT TO MEMORY

*Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked.*

**Psalm 84:10**

#### PRAYER

Share prayer requests and pray for one another.