

Thrive



Week Two: Rhythms

Overview

In a culture surrounded by the impact of COVID-19, it's time for God's church to thrive. No matter how chaotic this world may seem, God has given us everything we need to thrive in our lives, our rhythms, with our resources, and in our relationships. So many of us will view this season that we're in as just a time of survival. But what if God is calling his church to thrive in the midst of this chaos? What if God is calling you to become even more alive in him during this time? What if God is inviting his people to a deeper, more meaningful faith in him? We believe he is, and we're excited to discuss this topic over the next few weeks.

This week - we focus in on the idea of rhythm. Each of us live our lives with a certain rhythm. We have calendars to fill, appointments to keep up with, and activities to run back and forth to and from. The issue that many of us run into is that we create erratic rhythms that don't create the space we need to truly commune with God and others, spend time in rest, and then approach God's work for us in healthy ways. In this week's message, we narrowed in on a scene in Jesus' life in which he modeled a healthy rhythm for us. May we continue to allow how Jesus lived his life to inform how we live our own, and may we all learn to thrive in our faith as we follow him.

As you begin this session, continue to be in prayer for those who are affected by this virus: the sick, the vulnerable, the immunocompromised, healthcare workers, and our leaders who are having to make difficult decisions in a situation that they aren't familiar with.

Reading and Discussion

1. Spend some time checking in with your group. They may be feeling the weight of this situation growing heavier the longer it drags on. You might be, too. Take a few minutes to check in.
2. **Read: Mark 6:30-44.**
3. Kaleb asked these questions on Sunday. Ask them again for your group:
 1. Is the pace you were, or are, living at sustainable?
 2. Is there room in your rhythm for God?
4. How are your relationships harmed or helped by the rhythms in your life? Both your relationships with God and with others?
5. Which of the four rhythms that Jesus modeled for us (rest, communion with God, community with others, work) do you struggle with the most? Which of these rhythms comes easiest for you?
6. What is one practical way that you can develop a healthier spiritual rhythm this week? As you close, pray for strength for one another's new rhythms, and for greater fellowship with God to emerge from them.