

## Back In Rhythm- Discussion Guide

### Connect

**Ice Breaker:** What does a day in your life look like? Share around the room of what a typical day in your life looks like. (e.g. wake up, get the kids ready, eat breakfast, go to work, stop for an afternoon coffee, pick up the kids, make dinner, and off to bed)

#### Talk About It:

Rhythms are a natural part of life and essential part of life. Our rhythms can either make us or break us. Jesus wants us to have healthy Godly rhythms that bring us closer to Him.

**Key Passages:** Deuteronomy 6:4-9 and 1 Corinthians 5:9-11

1. Deuteronomy 6:5, What are your priorities? What is the most important rhythm in your life right now?
2. Does your walk with God feel more intellectual than personal and powerful?
3. Do the people in your life challenge and push you towards an eternal rhythm?
4. Are you making room for a pause? Not just a sabbath, but also daily time with God?
5. What is one eternal rhythm you plan to implement in your life? (Priority, Pace, Pause, Practice, or People)

### Protect

Take time in group to pray for the people who experienced freedom this weekend at the Freedom Conference and those who are joining a group for the first time.

### Grow

**Action Steps:** How are you going to make room for healthier eternal rhythms? Think about one area you want to make daily rhythm in your life (Priority, Pace, Pause, Practice, People). Implement this eternal rhythm and journal what God is teaching/showing you.