

# Rhythms

## *Scripture and Background Information for May 21-27.*

To prepare for your group discussion each week, group members should use the **Community Group Discussion Guide** to complete the **GOD'S WORDS** and **MY WORDS** columns using the scripture below.

Not all of us have rhythm on the dance floor but all of us have rhythms in life. They are the habits and routines that are essential to our jobs, families, and personal health. In the same way, there are spiritual rhythms that can help us grow in our faith. During this series, we will discuss Scripture reading and memorization, prayer, and feasting as these spiritual rhythms. As we learn about these rhythms, join us in taking steps to implement them in our lives. Perhaps, through practicing these rhythms, we will experience God in incredible new ways.

### **Background for Psalm 1:1-6:**

In Psalm 1, two types of people are contrasted, the righteous and the wicked. In verse 2, we see that it is the law of the Lord that separates the two. The righteous man is one who delights in the God's laws while the wicked does not. But what is the law of the Lord? The law or Torah, in this context, is used to generally reference the instruction of the Lord which would encompass all of God's word. Therefore, in our context, we can understand this psalm as referencing the entirety of the Bible since God's wisdom is apparent throughout every part of the Scriptures. This psalm calls us to know God's word and implement the wisdom that He gives us through the Bible in our lives. We can either take the Scriptures seriously and be like the tree planted firmly or neglect it and be blown away like chaff in the wind.

### Insights and questions to engage with the text:

1. This psalm says the righteous person delights in the law of the Lord. How does God's word help bring about righteousness in the lives of those who engage with it?
2. Are there verses you have memorized already? What are they? How do they help you in your faith? If you were to get into the routine of reading and memorizing Scripture, what do you think the Lord could do in and through you?
3. Over these next few months, practice Scripture memorization within your groups. Start by having your group members memorize these key verses that Bryan mentioned in his sermon then follow up each week to see how people are doing and celebrate any fruit (personal faith growth, use in outreach opportunities, etc.) that comes from this exercise.
  1. 1 John 5:11-12 (Assurance of Salvation)
  2. John 16:24 (Assurance of Prayer)
  3. 1 Corinthians 10:13 (Assurance of Victory)
  4. 1 John 1:9 (Assurance of Forgiveness)
  5. Proverbs 3:5-6 (Assurance of Guidance)

\*Note: If your group does exceptionally well at memorizing these first 5 verses, feel free to pick a new five to keep the rhythm going!