

Rhythms

Scripture and Background Information for September 3-9.

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 various rhythms of faith. As we learn about them, join us in taking steps to implement these rhythms in our lives. Through practicing them, we will hopefully experience God in some incredible new ways.

Background for 1 Kings 19:9-18:

In 1 Kings 19 Elijah, a prophet of God, finds himself in a lonely place. After participating in a few awesome displays of the Lord's power (1 Kings 18), the queen, Jezebel, is seeking to kill Elijah so he fled to the wilderness to hide. While there, the Lord provided sustenance to keep Elijah going and, after another journey, Elijah hides in a cave alongside a mountain. He is alone and fearful for his life.

But, once again, the Lord proves that He is with Elijah in his solitude. While Elijah was in despair God came to him in an odd way, quietly. He uses a gentle whisper to coax Elijah out to hear what He has to say. Then, because Elijah was attentive to the quiet voice of God, he was able to be given a renewed purpose with a vision of salvation that included the defeat of his enemies and the salvation of those who were faithful, including himself.

Silence and solitude are often necessary if we are to be able to hear and understand what the Lord may be calling us to do in our busy, easily distracted lives. If we make solitude and silence a rhythm in our lives though, perhaps we can be like Elijah, attentive to God's voice able to be comforted, renewed, and encouraged in whatever circumstances we may face.

Insights and questions to engage with the text:

1. Why do you think God came to Elijah quietly rather than in the wind, earthquake, or fire?
2. Have you ever practiced silence and solitude? If so, what was your experience like? If not, how could your life change if you were to practice them consistently?
3. What are some ways that you could practice silence and solitude in your life? How can you hold each other accountable to practice silence and solitude?

*Note: Every week until we talk about a new rhythm, ask people if they are practicing silence and solitude and share stories of how people experience God during these times.