

Rhythms

Scripture and Background Information for November 5-11.

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 Luke 22:14-20:

Feasting is a prominent theme throughout the Bible, but especially in the New Testament. Jesus is constantly having meals with other people to teach others about who He is. Even the earliest Christians saw meals as a vital part of their lives as Christians and, as they sat around the table, they had fellowship with each other, worshipped God together and shared what they had with everyone. This was a part of the lifestyle these Christians lived that ended up attracting people to the Gospel. Whether it be for personal growth, building up community, or evangelistic opportunities, feasting is an important part of the lives of all believers.

Since feasting is such an important part of our faith, we must look at one of the most prominent meals ever eaten, the Last (or Lord's) Supper, to understand how God views feasting and what we may do to make feasting a valuable rhythm in our lives. At this dinner Jesus initiates one of the greatest traditions in the Christian faith, communion. Communion puts us in a position to reflect both on our lives and on what Christ has done for us. It is a reminder of the Gospel which should inspire us to take this moment of reflection and act on it by telling people about what Jesus has done for us.

Insights and questions to engage with the text:

1. Why would Jesus, knowing that He is about to be betrayed and die, take the time to have this meal with His disciples?
2. What is significant about Jesus' call for us to remember Him? How can you make meals a time of remembrance of Jesus?
3. How can this rhythm of feasting impact your ability to reach out to others, especially those who aren't Christians? What would it take for you to practice feasting consistently?
4. Come up with a challenge together as a group, a way to plan a feast either together or individually that could be put into practice over the next 6 weeks.

*Note: Every week over the next few months ask people if they are practicing the rhythm of feasting and share stories of how people experience God during these times.