

Rhythms

Scripture and Background Information for January 4-10.

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 Matthew 6:5-8:

In all the time that Jesus was with His disciples, through all the stories, the miracles, and the teachings we only have one recorded request by them, for Him to teach them. They requested that He teach them to pray. They frequently saw Jesus pray and saw His connection with God along with the miracles it brought about. As a result, they wanted to know how He prays. Prayer can be one of those rhythms that can fill clunky, with stops and starts, seasons of ease followed by seasons of drought. Jesus' teachings remind us of the basis and heart of prayer that God is searching after.

Insights and questions to engage with the text:

1. What are some typical misguided views of prayer that we can find ourselves living out or believing? What are some of the misguided views Jesus addresses in the passage? How do we see those on display even today?
2. Simply put, how do you think Jesus would describe what prayer is? How does that compare with your own view of prayer?
3. What could this simple idea, of prayer as an act of communicating with God, building that relationship, how could that look different for you? What's a step or new idea for practicing the rhythm of prayer you want to take this week?

*Note: Every week over the next few months ask people how they are practicing the rhythm of prayer and share stories of how people experience God during these times. One option to consider would be our **Pray Doxology** gathering on Wednesdays at noon in the chapel. No pressure, but a great way to corporately pray and seek God's face together!