



## Sermon Discussion Guide

Sept. 7 & 8, 2024

"Find God's Rhythm for Life"

[Romans 12:4-8, 11](#)

A healthy relationship with Jesus isn't about perfecting a series of rituals. However, there are healthy habits that Christians can lean into that can help strengthen and deepen their awareness of God's love for them. Join us for this seven-week series as we explore seven habits that can lead to a deeper relationship with Jesus Christ.

### PRAY & CONNECT

Open in prayer and invite the Holy Spirit into your conversation. Ask God for wisdom and discernment and trust him to guide you. Take time to recap the message or view it on [HopeOnline.tv](#). Did you have any "ah-ha" moments where you felt convicted, compelled, or inspired during the sermon? What's been on your mind this week? Have you been able to apply the message to your everyday life?

### GROW

#### Read [Romans 12:4-8,11](#) - "Humble Service in the Body of Christ" & "Love in Action"

- What are you most passionate about? What does that zeal look like? How does serving God rank in your life? Would you say you are passionate about your spiritual life?
- Have you lost your rhythm for life? What does life rhythm mean to you? Is it important? When you feel like you've lost your rhythm, what does that look like? How can you gain a better balance and rhythm for your life? How does this apply to your passions?

#### Read [John 17:16-18](#) - "Jesus Prays for His Disciples"

- What does it mean to not belong to this world? What does that look like? How does that affect our passions and life rhythm?

#### Read [Matthew 11:28](#) - "The Father Revealed in the Son"

- Do you feel weary and burdened? If so, by what? What is causing the weariness? Do you need rest? Why do you think so many people feel worn out? How does God provide us rest and lift our heavy burdens?

#### Read [Exodus 20:8](#) - "The Ten Commandments"

- What does it mean to remember the Sabbath and keep it holy? Do you regularly practice Sabbath rest? What does this do for us? Does obeying this command ever feel difficult? If so, why? What does it look like to practice Sabbath?

### APPLY

Talk with your group about your Sabbath practices. What sort of things do you do? What is most helpful? What have you struggled with when keeping the Sabbath? Make a plan for practicing regular Sabbath rest time this week and stick with it regularly. Help support your other group members to do the same.