

RHYTHMS



PRACTICING THE
WAY OF JESUS



SERIES GUIDE

INTRODUCTION

There is a lot that we hope to see God do in and through Summit View Church in the future. We hope to see more local churches started in Clark County because there are a lot more people who need to hear the life changing truth of Jesus. We hope to be used by God globally to build His Kingdom through missions work. Whether at home or abroad, we hope to make disciples. In order to make disciples we need to grow as disciples.

In John 15:5, Jesus says, “I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”

We can't do anything substantial apart from Jesus.

To be perfectly honest, we don't want to do anything apart from Jesus.

We believe that in doing things Jesus' way we find that only way we'd want to be.

“For, “In him we live and move and have our being,” Acts 17:28

In Gospels, we get a glimpse into the way that Jesus lived and the rhythms He employed. Our Rhythms teaching series focuses on the topic of spiritual disciplines – what the disciplines are, why we're called to practice them, and the practical ways you can incorporate them into your daily life. Jesus gave us the example of practicing these disciplines. And when it becomes part of our everyday rhythm, we align ourselves with the rhythm of God.

In each part of this Series Guide, you will find several tools that will enhance your experience as you study this topic. These include:

- **Fill-in the blanks** that you can use as you listen to or watch the sermon.
- **Application questions** that you can ponder as you listen to the message or think through immediately after.
- **Shared Experiences** that you can try implementing into your weekly rhythm.
- **Discussion questions** that help you think and dig in deeper on the topic discussed.

As you embark on this study, we want you to see the freedom and invitation in the warning that Jesus gives. He says, “apart from me you can do nothing.” Jesus invites us to do it His way. We don't have to walk alone. We get to walk with Jesus. As you learn and study about rhythms for spiritual disciplines don't forget that these are things to incorporate as you walk with Jesus. And thank you, Jesus, that we get to walk with You!

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WATCH SERMON

Naturally, in starting a series about spiritual disciplines, we might find ourselves asking the question, “Why do I need to be spiritually disciplined? I’ve got Jesus, He’s given me new life. Don’t I just get to let go and let God?” As we’ll see in the first message in this series, there are a lot of things competing for our attention and trying to shape us. If we’re not being shaped by God it can be assumed then that something else is shaping us. As you begin watching Pastor Michael open up this series, begin by thinking about all the things in your life that affect or change the way you are. Is it possible, that without even realizing it, something or someone else is already discipling us?

FILL-IN NOTES

The deepest longings of our soul are not _____ but _____. Psalm 107:9, John 10:10

We are molded by the _____ of our thoughts and practices. Romans 12:1-2

Practicing the way of Jesus is _____, but it requires _____. 1 Timothy 4:7-9

Spiritual disciplines are _____ of life – not rules and regulations.

APPLICATION QUESTIONS

What were the most helpful things you heard in this sermon?

What sort of things would you say are currently molding or shaping your life?

What can do you immediately to take control over those things?

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SHARED EXPERIENCES

EXPERIENCE A: ASSESSMENT OF SPIRITUAL RHYTHMS

Take time to reflect on your regular spiritual rhythms. Be honest with yourself. Avoid rushing. Listen for God's voice to encourage and challenge you.

Use the scale below to assess your experiences in the following areas. A rating of 1 would indicate little to no experience practicing this discipline, and a rating of 10 would be a consistent and beneficial practice.

Scripture

1--2--3--4--5--6--7--8--9--10

Prayer

1--2--3--4--5--6--7--8--9--10

Confession

1--2--3--4--5--6--7--8--9--10

Fasting

1--2--3--4--5--6--7--8--9--10

Sabbath

1--2--3--4--5--6--7--8--9--10

Service

1--2--3--4--5--6--7--8--9--10

EXPERIENCE B: EVALUATION OF SPIRITUAL RHYTHMS

Sometimes we need to do more than assess, we need to evaluate what we are actually doing. For the following week, track your spiritual rhythms (as listed in Experience A).

At the end of the week, ask yourself:

How often do you engage with them?

How much time do you spend doing them?

How do they compare to the other areas of importance in your life?

EXPERIENCE C: COMMIT TO SCRIPTURE READING

Maybe this year it's time for you to commit to spending more time in the Bible. Through our Summit View App (or your preferred Bible app), there are a myriad of Bible reading plans. Here are some recommendations to get you started:

[The Bible Project - 365 Day Plan](#)

This plan takes you on a chronological journey through the entire Bible over the course of one year. Each book includes videos specifically designed to enhance your understanding and engagement with God's Word.

[First Steps Reading Plan](#)

The Life Journal First Steps Reading plan was developed by Wayne Cordeiro. This plan takes a only a portion of the reading from the Life Journal Plan and offers a decreased amount of reading without losing the flow. This plan is perfect for youth and new believers. For journals and related resources, visit lifejournal.cc.

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DIVE DEEPER

The Christian disciplines as a means of opening our mouths to breathe in all the loving resource God has already provided. Opening my mouth in prayer and praise does not manufacture more of God's love for me, any more than opening my mouth makes more air. The means of grace simply allow me to experience the fullness of the love that God has already fully and completely provided. – Bryan Chapell, *Holiness by Grace* pg. 57

In shaping our own list of spiritual disciplines, we should keep in mind that very few disciplines can be regarded as absolutely indispensable... Practicing a range of activities that have proven track records across centuries will keep us from erring. – Dallas Willard

Get the Conversation Started

- Q: What role have spiritual disciplines played in your spiritual growth?
- Q: Which disciplines have been particularly helpful and why? Any you've considered trying, yet are reluctant to for some reason?
- Q: What hindrances have gotten in the way of your pursuit of God?
- Q: What means have helped you to overcome these hindrances?



Three Paradigm Shifts to Help Cultivate the Practice of the Disciplines

1) Receiving v. Achieving – Read & Discuss Luke 18:9-14

Q: Who do you resonate more closely with in this passage, the Pharisee or the Tax Collector?

Q: Performance of the spiritual disciplines are not to put God indebted into our service, but to receive something from God that we deeply need. How do you balance the expectation of meeting with God, yet not putting him into servitude towards your “religious service” for him?

2) Communion v. Compartmentalization

The goal for Christians is to meet with God and walk with him throughout the day. Yet many of us experience compartmentalization of our faith. Our time in the Scriptures, prayer, and practicing the disciplines are seen as sacred duties and then we live our daily life without much thought of God.

Q: What are some ways to best break down the compartmentalization of our faith? How can we see and experience God in all our lives, not just in our time set aside?

3) Regularity v. Infrequently

A recent study came out stating that 80% of new year resolutions fail by February, another 12% drops off throughout the year, and only 8% see success in what they set out to do. We set out large goals to see radical transformation in the next twelve months yet struggle to see the results we were hoping for. The solution? A daily approach, step by step. As we walk with Christ regularly and daily, we will be transformed into the image of Christ.

Read & Discuss – 1 Timothy 4:6-8

Paul uses the imagery of working out for his young mentee on the importance and value of discipline when it comes to spiritual things. While being physically fit is important, the overall health of one's soul is far more important. We all know the guy who spends too much time at the gym only working on his arms, and the rest of his body is disproportionately undersized or out of shape. How is the state of our spiritual life? Where do we need to develop rhythms and patterns for a more holistic approach for our souls?