

WEIRD

(BECAUSE NORMAL ISN'T WORKING)



GOD'S RHYTHM

Keith Roberson // January 29, 2012

MESSAGE RECAP

God has a rhythm that we are to embrace and live (Exodus 20:8-11). God calls us to regularly keep and honor the Sabbath, to slow down enough to remember His lavish goodness, and to savor His presence. He desires for us to create a margin to find true rest and to genuinely connect with Him and with others in our lives. Our natural tendency is to resist the Sabbath. We usually find identity and worth in our productivity (i.e. a Messiah complex) or busyness allows us to hide from the real issues and struggles we are facing.

GETTING STARTED

1. Do you agree with the notion that you are hardwired to move and live in rhythm? Why or why not?

GOING DEEPER

1. What does the rhythm of God look like for us as believers? What might undermine or disrupt that rhythm?
2. What does it mean to remember the Sabbath, to keep it holy? What are some practical ways we can find a Sabbath rest?
3. Why do we tend to resist remembering and honoring the Sabbath?

MAKING IT PERSONAL

1. Do you regularly remember and honor the Sabbath? What usually keeps you from finding that place of rest?
2. How challenging is it for you to truly rest, to reach the point where you have slowed down enough to see and savor the goodness of the Lord? Knowing that rest is not simply the absence of activity, what do you do to renew your heart and spirit?

MINISTRY TIME

Very few people remember and honor the Sabbath well: finding true rest is challenging. **Take time as a group to pray over those who genuinely struggle to find the margin to experience a Sabbath rest and to reconnect with the Lord.** Speak life and peace over those who feel tired and are longing to be refreshed or renewed by the power of the Holy Spirit.

TAKING ACTION

Remember and honor the Sabbath this week. Plan today to put your computer and/or cell phone aside and to slow down enough to savor and worship the Lord this week. Mark off a block of time to find rest, to reconnect with the presence of the Lord, and to enjoy your family and close friends. Also, ask if there is anything you can do to help create that margin for your spouse or for a loved one.

JUST FOR LEADERS

VISION CASTING:

This month, challenge your Life Group to be intentional about **cultivating relationships** within your group. Beyond your group's Fireteam and Impact Group (breaking into groups just for men/women), encourage your group members to purposefully get together outside of your Life Group gathering to foster stronger connections.

CRITICAL DATES & INFORMATION:

- DNA Infusion: February 1, 8, 15, 19 (Sunday @ 10:50am) & 22
- GroupLink Mixer: Sunday, February 26 @ 10:50am - Fellowship Hall

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