

January 4, 2026

A SERIES ON THE RHYTHMS OF BEST A GENERAL

RICHIE

[illegible]

What is the one important thing you will take away from this weekend's message or our community group discussion? Is there any challenge, difficulty or praise that you would like to share with the group for prayer?

What does God want us to hear? Based on the passages above, what are the factual “takeaways” that are meaningful to you?



WHAT DOES GOD WANT US TO DO?

Pastor Chris said, *“Jesus invites us into a slower, deeper, and freer rhythm of faith, one that restores our souls and reorders our days.”*

What types of “rest” has not accomplished these goals for you? What’s lacking in them?

What would a slower, deeper, freer rhythm of life and faith look like for you?

What would need to be removed from your weekly schedule, if anything, for this to happen?

What does God want us to do? Flowing out of our reading and new understanding, how is the Holy Spirit nudging us?

WHAT DOES GOD WANT ME TO DO?

Pastor Chris quoted John Mark Comer, *“The solution to an over-busy life is not more time. It’s to slow down and simplify our lives around what really matters.”*

What would a simplification of your life, around the things that really matter, look like? Move toward that simpler rhythm this week.

Spend some quiet time in the presence of God, simply enjoying His grace and compassion, without any focus on what needs to get done for Him.

Extra credit: Fall asleep praying. Drift off in the presence of God, dream in the presence of God, then wake up in the presence of God, fully refreshed in the knowledge that He is always eternally present, no matter the state or circumstances in which you find yourself.

What does God want ME to do? Based on your answers to these questions, toward what creative actions is the Holy Spirit leading you?