



WEEK ONE DISCUSSION GUIDE

RHYTHM & BLUES

WEEK OF SEPTEMBER 8, 2019

Welcome to the Small Group portion of the all church spiritual journey! We're glad you're here! As you begin your group time, please take 10-15 minutes to read through and discuss the Small Group Guidelines found in your Journey Guide on pages 6-7. Use the Calendar on page 8 to help determine when your next meeting is and who will bring the snacks...after all, we know some of us go to small group for the food! 🍌

DISCUSSION GUIDE



Icebreakers: What's one thing that you want everyone in your group to know about you? Or...What's been the best thing you've experienced over the summer and why? Or...What's something that makes you different than everyone else in the group?

Watch this week's intro video before answering the questions below. You can find the video at myrc.link/SGvideos or use this QR Code:



- 1** When you heard Pastor Tom say that God wants your whole life, what were your first thoughts?
- 2** Read Matthew 6:24. Our relationship with God should be our #1 priority in our lives. What are some of the things that try to edge God out of His rightful spot? They can be good things, or not so good, but they're things that want control of you.
- 3** Pastor Tom challenged us that we cannot say "Lord" and "me first" at the same time. What excuses do you need to acknowledge and surrender in order for you to truly make Jesus your first priority?
- 4** Giving God your whole life takes two things: developing positive disciplines and healthy habits. What things did God bring to light in your life as you heard the message and processed it this week?
- 5** 1 Timothy 4:7 says "Do not waste time arguing over godless ideas and old wives' tales. Spend your time and energy in training yourself for spiritual fitness." How are you training? How should you be training?
- 6** This choice isn't an easy one, so why make it? Read 2 Corinthians 5:15. What does this verse offer and call us into?
- 7** Culture says that to live life to the fullest means living for oneself. Read Romans 12:1. In light of what Jesus did on our behalf, how is this counter-cultural lifestyle reasonable?
- 8** Read Romans 12:2. In what ways does God need to transform you? Behaviors? Customs? Thoughts?
- 9** Revisit this question from the Message Notes: "What kind of 'creature of habit' does God want to shape my life into?" How can we help each other as a group to become the people God wants us to be?

RHYTHM & BLUES

TOM LUNDEEN, SENIOR PASTOR

WEEK ONE - SEPTEMBER 8, 2019

Today I'm challenging and inviting everyone at Riverside to fully engage over the next 7 weeks in our next all-church spiritual journey because doing so will help us experience a more _____ life (note Ephesians 5:15-17)...

...let's ask ourselves 3 very important _____ questions:

1. What Does God Want? (My _____ life)

Note Romans 6:3

The only thing Christianity cannot be is _____ important. (C.S. Lewis)

God isn't looking for one piece of the pie of our lives; He wants the _____ pie (note Deuteronomy 10:12).

We cannot have two _____ priorities (note Matthew 6:24).

Note Luke 9:59-61

We cannot say "Lord" and " _____ first" at the same time.

Note Luke 14:18-20

What _____ do I keep giving to God to put myself first?

Note Proverbs 3:5-6 and Matthew 6:33

2. What Does it _____ ?

Developing positive disciplines and healthy _____ (note Proverbs 10:17a).

"D _____" = "discipline" (note 1 Timothy 4:7).

Discipline = delayed g _____

Our habits define our _____

Life change = change _____

A. Discipline of letting _____ (note *Hebrews 12:1*) - the 2 things that hinder any spiritual progress and waste our spiritual potential are "s _____" and "w _____"
...an unwasted life creates _____ for God.
Not everything in life is of equal _____...

B. Discipline of best _____ (note *Luke 10:40-42*) - what on our to-do list _____ us from focusing on God? Best use of our lives is to invest it in that which will _____ it. Note *Psalms 39:6*; *Proverbs 10:27*; *Philippians 2:13*

3. Why Should I Do It?

Because of the _____ (note *II Corinthians 5:15*).

We live life to the _____ by living for Him who died for us.

Note Romans 12:1; II Corinthians 6:1

What kind of "creature of habit" does God want to shape my life into?:

- Only one life, so soon it will pass; only what's done for Christ will _____.
- This is a great opportunity...don't sit on the fence or watch from the sidelines.
- Let's commit ourselves to God and be part of something special (note *Habakkuk 3:2a, b*).

Get your materials for our upcoming all-church spiritual journey (turn in your commitment card), and go to GroupLink. Also, tell someone about the next step you took today in your spiritual journey.

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TOM LUNDEEN, SENIOR PASTOR

WEEK ONE - SEPTEMBER 8, 2019

Today I'm challenging and inviting everyone at Riverside to fully engage over the next 7 weeks in our next all-church spiritual journey because doing so will help us experience a more intentional life (note Ephesians 5:15-17)...

...let's ask ourselves 3 very important life questions:

1. What Does God Want? (My whole life)

Note Romans 6:3

The only thing Christianity cannot be is moderately important. (C.S. Lewis)

God isn't looking for one piece of the pie of our lives; He wants the whole pie (note Deuteronomy 10:12).

We cannot have two #1 priorities (note Matthew 6:24).

Note Luke 9:59-61

We cannot say "Lord" and "me first" at the same time.

Note Luke 14:18-20

What excuse do I keep giving to God to put myself first?

Note Proverbs 3:5-6 and Matthew 6:33

2. What Does it Take?

Developing positive disciplines and healthy habits (note Proverbs 10:17a).

"Disciple" = "discipline" (note I Timothy 4:7).

Discipline = delayed gratification

Our habits define our character

Life change = change habits

A. Discipline of letting go (note Hebrews 12:1) - the 2 things that hinder any spiritual progress and waste our spiritual potential are “sin” and “weight”
...an unwasted life creates space for God.
Not everything in life is of equal value...

B. Discipline of best priorities (note Luke 10:40-42) - what on our to-do list distracts us from focusing on God? Best use of our lives is to invest it in that which will outlast it. Note Psalm 39:6; Proverbs 10:27; Philippians 2:13

3. Why Should I Do It?

Because of the cross (note II Corinthians 5:15).

We live life to the fullest by living for Him who died for us.

Note Romans 12:1; II Corinthians 6:1

What kind of “creature of habit” does God want to shape my life into?:

Only one life, so soon it will pass; only what’s done for Christ
• will last.

This is a great opportunity...don’t sit on the fence or watch
• from the sidelines.

Let’s commit ourselves to God and be part of something
• special (note Habakkuk 3:2a, b).

Get your materials for our upcoming all-church spiritual journey (turn in your commitment card), and go to GroupLink. Also, tell someone about the next step you took today in your spiritual journey.