

The Rhythms That Form Our Ways

Deuteronomy 6:4-9

- We are people who live by _____ that form our _____.
- Three simple but transformational rhythms:
 1. _____ at least one person this week.
 2. _____ someone to _____ at least one _____ with you this week.
 3. _____ and _____ about it with at least one person this week.
- Our rhythms _____ and _____ our great _____.

QUESTIONS FOR FURTHER REFLECTION:

1. Chris mentioned four common rhythms we all share: *Eating*, *Celebrating*, *Working*, and *Playing*. Specifically identify some “rhythms” in your life (daily, weekly, monthly, annual), and then answer the following questions:
 - a. What does each rhythm reveal about your values?
 - b. What are positive contributions each rhythm could provide for you or your family? Are there any potential dangers even in the good things you are doing?
 - c. How might you be more intentional and purposeful in your current rhythms? (How can this help you love God and others more completely?)
2. Can you think of a time when someone blessed you? What made it so meaningful?
3. Talk with your family or group about creative opportunities to bless others. Make a plan!
4. Make a list with your spouse or roommate of people that you will invite into your home for dinner over the next months.
5. What is a specific step you can take to internalize God’s Word in a more meaningful way this week?