



Message Questions for Discussion (QFD) July 21, 2024

SERIES: Summer Fun

SERIES WEEK: #6

MESSAGE: The Right Rhythm

COMMUNICATOR: Pastor Ken Loss

MAIN TEXT(S): Deuteronomy 5:12-15; 1 Peter 1:1-11

QUESTIONS TO CONSIDER:

1. God has a planned rhythm for your life. You could even say, He has a planned rhythm for your week. How does that make you feel?
2. When you consider the maxim, "Work hard. Play hard. Rest hard," which of the 3 is easiest for you and which is hardest? Do you know why? Do you want God's rhythm to be the rhythm for your life?
3. God set Israel free from Egypt. He's set us free from sin. Adopting God's rhythm into our lives sets us up to receive His grace and celebrate the salvation He's given us. Is it hard for you to embrace His grace and trust that He is working while you are resting?
4. The power of God within us is the only way that we can truly live with the right rhythm. Have you experienced God's power enabling you to live in His rhythm? How?
5. Are you loving yourself well? The right rhythm is an expression of loving ourselves because it helps us take care of our "self." If you are only able to love others as well as you love yourself, how well are you loving others? Ask God for His help to love yourself better.

TAKE ACTION:

Choosing to **act** on God's truth is what brings transformation.



Give at least ONE way you will take action in response to the message?

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