

Introduction

When it comes to seeking rhythms in life, we need to fix our focus and turn down the "noise" in order to see clearly. Press pause for a moment in your busy day and hear what God has in store for you as you get into a rhythm with him.

Discussion Topics

The noise of life is found in our busy-ness—our distractions. Things that keep us distracted do so by convincing us they are more important than something else. We can easily say, “I’m too busy to hangout.” or “...to go to church.” or “...to read my Bible.” or even “...to pray.”

- When you look at your busy-ness, what are the most important tasks or activities that you prioritize?
 - Why do you think these are critical or very important?

Jesus had a lot to say about what is important. One such teaching can be found in [Matthew 6:25-34](#).

- Do you worry about any of the things Jesus mentions in Matthew 6?
- Do any of your tasks from before keep you “distracted” from seeking and spending time with God?
 - How will you fix it?

It can be supremely difficult to turn the knob down on the noise of life, but the reality is that God and our relationship with him is the most important thing; the rest flows from there.

- What would it take for you to spend 10 minutes focusing on God every morning?
 - Will you do it?

Moving Forward

One of the ways we can help ourselves eliminate distractions is by intentionally seeking God's provision instead of our own. Fasting, whether from food or some other necessity, is a great way to be reminded that we rely on God for what we need and to trust that He will provide.

As a group, decide how and what you will fast from before your next meeting. If it's food, prepare to break that fast at your next group meeting and celebrate with a meal together. Regardless of your fasting target, share your experiences with each other and encourage one another.