

Rhythms

Every good song has a catchy rhythm! The rhythm of the song guides it along, allowing us to predict what is coming next. When a song has a compelling rhythm we find ourselves being drawn in and enjoying the music in a deeper sense. We tap our feet, move our bodies, bob our heads - the rhythm draws us in and takes us on a journey. We all have our favorite song that we wish would never end! You might even find yourself listening to the same song over and over again because music, the rhythm, and the words take us on a journey. (You can hear your favorite song right now, don't you?)

Surprises can be fun for some and terrifying for others. When groups or organizations find a rhythm that is able to move them forward it is more beneficial for everyone. A rhythm also creates stable pathways to ensure forward movement. Moving a group of people towards living a life that looks more Christ like takes intentional rhythms. Here is how we break those rhythms down.

UP/Pursue: The purpose of this rhythm is to help us grow in God's truth for our lives. The tactics for this rhythm are things such as: studying God's Word, spending time in prayer, and practicing spiritual disciplines - individually and as a group. This rhythm is designed to help us, and others, grow closer to God in covenant relationship as we know and live-out God's Word.

IN/Connect: When a group is practicing the "IN" rhythm they are intentionally sharing one another's burdens, celebrating what God is doing in the group, and holding one another accountable. This rhythm is designed to practice all of the "one another" passages in Scripture. "IN" is all about living life together to show the world how disciples of Jesus live differently than those around them.

Out/Unleash: Having an impact on the world around us is a true mark of a disciple of Jesus. From the earliest days of Christianity, disciples of Jesus all over the world have been sharing the Gospel in tangible ways. Through serving the needy and meeting the needs of their community the Church lives-out the rhythm of "OUT." The goal of this rhythm is to bring those who are lost and separated from God into a relationship with Christ.

The Rhythms of UP, IN, and OUT are taken straight from Acts Chapter 2. Though each group needs to clearly identify how these rhythms will play out in their own context, it is imperative to implement clear Gospel Rhythms into your overall strategy and tactics when it comes to making disciples who make disciples.

Questions:

What do your current life Rhythms look like?

What are the habits and activities you do on a regular basis?

Which of those habits or rhythms point yourself or others to Christ?

What are a few ideas you have to begin implementing intentional Gospel-focused rhythms?

Who will you be accountable to for practicing these rhythms?