

## Sermon Notes

**Big Idea:** All of life works in Rhythms. Some are healthy, some are frantic, and some are downright destructive. God designed His most precious creation (you!) to operate with a rhythm that leads to truth, peace, and growth. The decision to establish your own rhythm with God is the most important choice you can make with your life.

### Your Rhythms dictate Your Results

**We make choices every day that either strengthen or erode our relationship with God.**

#### Thoughts on Fasting:

- Everyone should fast something, but no one should fast everything
- Abstaining from something in order to engage in the better thing
- It should hurt
- Fasting in the Bible: Moses, Elijah, Esther, Daniel, Nehemiah, Paul, Anna, Jesus

Joshua 3:5 (ESV) Matthew 4:1-4 (ESV) Deuteronomy 8:2-3 (ESV) Exodus 16:13b-21 (ESV)

*God's Word is designed to supernaturally provide what you need, when you need it, in order to become who He's called you to be.*

#### Feasting: Daily Manna

- 1) Make Space: Time & Place
- 2) Gather Your Manna
- 3) Ask God, "What is it...?"
- 4) Use it, or lose it!

Matthew 11:28-30 (MSG)

## Discussion Questions

- 1) What impacted you the most from this week's message? Encouraged you? Challenged you?
- 2) What is your initial response to the statement, *"We make choices every day that either strength or erode our relationship with God?"*
- 3) Read Matthew 4:1-4. Have you ever experienced, in big ways or small, where God's Word has been supernatural provision when you need it most? Explain.
- 4) How has God's Word shaped your life? Have you ever had Bible Knowledge in your head that you didn't apply to your heart or hands? Explain.
- 5) Do you plan to start a Bible Reading Plan this year, and engage in the 21 Days of Prayer and Fasting? Share your plan/intent with others for accountability.