

## 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.**

**John 15:1-11 (ESV)**

**Fruit: Results in your life, and from your life, that glorify God**

**Abiding Prayer Involves:**

- **Slowing**
- **Silence**
- **Stillness**
- **Solitude**
- **Staying**

## 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 John 15:1-11. How would you describe how the Vinedresser/Gardner has been *tending* to your life lately? What's an example of recent "fruit" in/from your life?
- 4) Have you ever experienced Abiding Prayer? Do you have questions/issues that you could take to God in Abiding Prayer? Explain.
- 5) Have you started a Bible Reading Plan this year, and are you engaged in the 21 Days of Prayer and Fasting? Share your plan/intent with others for accountability.