

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.

Proverbs 3:5-6 (ESV) Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways, acknowledge Him, and He will make straight your paths.

You HAVE some wisdom

There IS a support structure of truth on which I am to rely

Practical Applications:

- **KNOW Him**
- **GET Wisdom**
- **BUILD a support structure**
- **SURRENDER to Him**

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 Proverbs 3:5-6. Have you learned to trust God as opposed to leaning on your own understanding? Explain.
- 4) How would you describe the current state of your support structure of truth? How reliable has it been for you? Explain.
- 5) What are some ways you have 'proved' the faithfulness of God in your life? How often do you testify to His goodness, nearness, and faithfulness? Who around you needs to hear?