

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 27:17 (NIV)

A Sharpening Rhythm Includes:

- Conviction
- Confession **James 5:16 (NIV)**
- Compassion **Luke 15:20 (NIV)**
- Courage **Hebrews 3:13 (NIV)**
- Camaraderie **Philippians 2:1-2 (NLT)**

Spring Small Group Cycle: January 29th - May 26th (17 Weeks)

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 27:17. What is the current status of your Sharpening Rhythm? After hearing this message, what needs adjusting?
- 4) Which of the *Sharpening Rhythm Indicators* are most present in your life? Which are most lacking? Why do you think that is?
- 5) Do you plan to Join a SERVE Team, a Small Group, and/or An Outreach Opportunity this Cycle? Have you completed the Growth Track?