

## **Weekly Study of Sunday's Message.** **Sunday May 16, 2021. "Thrive- Flourish. Rhythms."**

### **I Intro.**

Welcome to the weekly devotional that gives you some specific things to work through from the message this Sunday. Whether you were able to participate in this service or not, this devotion is free-standing and you can still use it to help you dig deeper into your own spiritual walk. We're halfway into 2021, and fully committed to gathering both in person and virtually. A growing group joins us at the church. Both our children and student's are meeting, and we're seeing a good response. We're so encouraged with your love and presence when you gather with us. If you're still joining us online, we love and so appreciate your presence also. We still are your church family and still feel a powerful connection to each of you, If there is ANYTHING you need, prayer, ideas or suggestions you have, please pass them our way. You can contact us through our social media feeds.

### **II Recap.**

We're in our third Sunday of our series called "***Thrive***". The abundant life Jesus spoke about found in Matthew 10:10. There are people, and things we either allow into our lives or attach to, that Jesus said try to "*steal, kill, or destroy*" this abundant life. He called these things and people, 'thieves'. And this teaching in Matthew Jesus was calling out the Pharisees who were suppressing the abundant life through tradition and forced religion.

The first week we spelled out a life of thriving is in our hands. We have ownership over the way we live, and it involves a mastery in growing the ability to incorporate things into our life that promote 'thriving'. The two primary truths that came out of the first week were; spiritual blindness is when we cannot 'see' things that are stealing, killing, destroying our ability to live the abundant life. And the cure for that was to grow our ability to hear and discern the voice of the shepherd, Jesus, over the voice of the thief'. And last week we looked at the specific aspects of relationships that help us live this abundant life. We are to walk through life together.

### **III Sunday.**

The major emphasis Sunday was understanding how we were created to live a life in rhythm. And how to live in those rhythms as opposed to just operating out of routine. Rhythms are understanding how we are wired, our most and least productive times, high and low energy times, and working within those understandings rather than just wearing ourselves down just trying to grind it out. We learned even Jesus discovered these natural God given rhythms, seasons, rest then work, and found a life of thriving/flourishing living in these natural rhythms.

We focused on understanding how rhythms work, and then creating rhythms that we could use in all of the specific areas of our physical, mental, and spiritual life.

**How do you understand how rhythms of activity work?**

**Where do we struggle or even fail in practicing healthy rhythms in how we live?**

There was a lot of scripture used Sunday, and we're going to list it all and you can read and interact with whatever scripture you choose.

**1 Corinthians 9:24-27. Colossians 3:1-2. Romans 12:1-2. Philippians 4:8-9.**

**What jumped out from these passages about our responsibility for control of ourselves?**

**Where do we often struggle in controlling or finding healthy ways to take care of our bodies, minds, hearts, and spirits?**

There were then questions asked to help us find those natural rhythms in how we are wired.

**1. When is your most productive time of day?**

When is your energy level the highest, and you can get the most work in the least amount of time.

**2. What gives you energy?**

What would you miss a meal for? You need to work these regularly into your daily, weekly, and monthly rhythms. This is for your mental and physical health.

**3. What drains your energy?**

We all will have things we have to do, we hate them, and there's no way around it. What do you put off or dread? What causes stress in your life? What do you put off, but the weight of putting it off or just thinking about it just saps your energy? Grow an inner awareness of what knocks you off center.

**4. In what ways do you push yourself beyond your current capabilities?**

Areas we listed earlier, you may not be stretching and growing your capability in.

**PHYSICALLY.** We can get stuck in our health routines, that at some point don't make any difference.

What are you doing several times a week that tire you out and push you physically?

**MENTALLY.** We constantly have to be introducing new material to our brains, and eliminating older information and content that doesn't challenge us anymore. What content, material do you take in that causes you to learn and discover new things?

**SPIRITUALLY.** Easiest place to get stuck. What new ways of experiencing the presence of God do you work into a regular schedule that are fresh and invigorating and strengthen your walk?

**5. Where do you work in actual recharge/rest/sabbath?** Rule of four. Every person has roughly four good hours of work a day within them. After that you can grind stuff out, but you are draining your reserves, and honestly working harder not better, and probably not producing anything of value.

Tweetable. **We should work from rest, not rest from work.**

Being overwhelmed is not weakness. It's a warning sign of running on 'E'.

**IV Challenge.**

And then the final question. Which I always ask.

**What change, creating a practice/habit for your mind and your body, you can make this week, that will be a healthy rhythm to begin to grow this life of thriving?**

Take on just one practice to add to your physical rhythm. And one habit to add to your mental rhythm.

Find in your life ways to work from your natural God-given rhythms to experience the thriving life.