



Spiritual disciplines as we follow Jesus

What is the series about?

Through a 4 week series we want to encourage and equip people to start and/or grow in spiritual disciplines. At the beginning of a New Year people often join a Gym, but doesn't last much longer than a month. We want to help people at King's to be people who practice what Jesus did, over the long haul. Thus, training themselves in godliness, becoming more Christlike and making more disciples!

Weekly Subjects

- 14th Jan: Prayer and Fasting
- 21st Jan: Praise and Worship
- 28th Jan: Rest and Rhythm
- 4th Feb: Study and Learning

Listen to the audio

On the King's Norwich app or at: kingsnorwich.com/godsgym/

Check out the blog

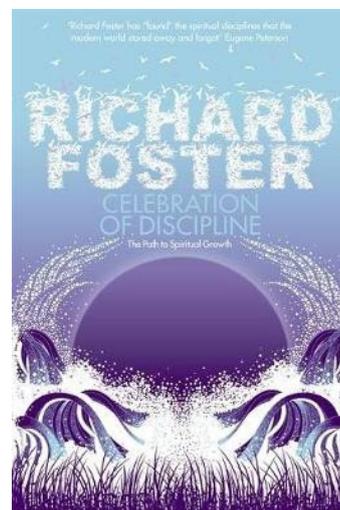
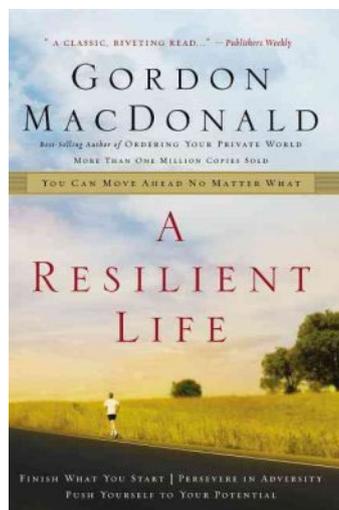
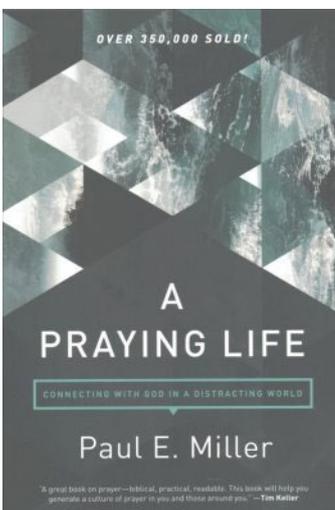
kingsnorwich.com/blog

Recommended Reading

A Praying Life
Paul E Miller

A Resilient Life
Gordon MacDonald

Celebration of Discipline
Richard Foster





Title: Rhythm and Rest

Speaker: Toby Skipper

Bible reference: Genesis 1:1-2:3

Overview

I don't know if you've noticed, but quite often when we ask people how they're doing, 'busy' seems to be a very common response. Whilst it could be said that Jesus was busy, he never appears to be hurried or rushed. He has time for people and prayer; time to enjoy a meal with friends; time to study and learn; time to work and rest. In other words, there was a healthy rhythm to Jesus' life, which seems to be lacking in so many of us in the western world.

Learning to be like Jesus and practicing the spiritual disciplines necessarily requires some kind of rhythm to our days and weeks; and with the help of others we can work toward a healthier rhythm that reflects God's ways and continue to grow in Christ-like character.

The rhythm & rest in the creation story is to be reflected in our lives to enable us to flourish as human beings made in the image of God.

1. We need to learn to dance to the rhythm we're designed for
2. Remember rest is an essential part of any good rhythm: (a) Rest reminds us we're not God. (b) Rest reminds us we're not robots. (c) Rest reminds us of the gospel of grace. The Sabbath day is a 'shadow reality' points to the substance of Jesus (Col 2:16-17)

Response (SOUL)

Run through the following sections. Use smaller groups at any time if helpful.

S = Scripture - Read it, what does it say?

O = Observe - What do you see, context, details, surprises etc?

U = Understand - What truth does God want you to learn?

L = Live - What would it look like to apply this to your life?