

Cadence Week 3: Performance - MW Study

Thursday, October 27, 2022 3:00 AM

Big Idea: We see rhythm and cadence in all aspects of life, including our fellowship and relationship with others. But the dance, or *performance*, of relationship and community needs a healthy rhythm just as much as the cosmos and the individual.

Scripture: Acts 2:42-47, 1 Corinthians 11:23-26, Hebrews 12:1-3

Have you ever been to a play or musical? Take the timeless Christmas ballet, *The Nutcracker*, for example since Christmas is just around the corner... It's a beautifully choreographed "dance" between actors and dancers. At times, sweeping in its scope of music and movement and intimately precise at others. That's exactly how the cadence of relationship works in our lives. Sweeping and robust at times, intimate and precise at others.

It's a dance we all must learn, and like most things in life, some catch on more quickly than others.

In a 2016 article written for Psychology Today titled ...

The Dance of Relationships this is what Dr Brenner wrote ...

"Similar to learning and practicing dance steps and moves, the "dance" of relationships, how we engage and interact with another, has its own set of steps, tempo and rhythm that are necessary in order to negotiate the moves between people. Sometimes these steps are verbalized, openly stated so that the people involved understand what is expected of them in the relationship. Sometimes these steps are never discussed, so it's the actions between people that define what is going on in the relationship.^[1]"

There are acceptable and time-honored practices involved that we either adhere to or not.

Like bringing a gift to a wedding.

Like showing up on time when agreeing to meet with a friend.

Like responding to a text message or voicemail in a timely manner.

These may seem like small things, like inconsequential things, but it's all the little things that go into the "dance." In the Nutcracker, it's every cue, every toe-

lift, every note that the orchestra plays...It all works together.

And as we know from [Romans 8:28](#)... *“God works all things for the good of those who love him, who have been called according to his purpose.”*

Fellowship is a gift.

Community is a gift.

Rhythm and cadence are gifts that God has woven into our lives.

So, what kind of practices and actions does the Bible prescribe to the fellowship of believers?

We only need to look directly into the beginning of the church to see what their “rhythm” was. [Acts 2:42-47](#) gives us a beautiful picture. There are so many words and themes that stand out to me; *Devotion, teaching, prayer, generosity, praise, and salvation...*

But I’m curious, what words stand out to you? What practice did the early church have then that sounds appealing to you now? What things do you still see happening in church today?

The challenge is keeping a healthy rhythm of fellowship in your life even when things get increasingly busy and hectic all around you. There is strength and encouragement in Christian community that you simply won’t find anywhere else.

There’s power when we get together and it looks like the earliest followers of Christ shared fellowship together every single day. And it wasn’t just about sharing time with one another, it was about sharing HIM. Jesus tells us in [Matthew 18:20](#) that, *“where two or three gather together in my name, there am I with them.”* Fellowship is powerful because Jesus is there with us and He’s the powerful one. He’s the one who holds the whole thing together. He’s the centerpiece, the cornerstone, the alpha and omega. People may come and go throughout the course of our busy lives, but Jesus is the one we must never forget.

There is much more we could talk about, so let’s continue the conversation Wednesday evening at 6:30 right next door in the fellowship hall.

Prayer: *“Jesus please open our eyes to the relationships around us and give us strength to enter into a healthy rhythm and cadence with others.”*