

Cadence Week 1- A Gods Eye View - MW Study

Wednesday, October 5, 2022 7:25 AM

Big Idea: We see rhythm and *cadence* all throughout the creation of God and it was intentionally built into life by the creator Himself.

Prayer: “*God, help us to recognize and appreciate the rhythm you have built into your creation. Help us to humble ourselves to the divine boundaries you’ve given and lead us to a fulfilling life of flourishing.*”

Scripture: Genesis 1-2, Psalm 8

What if we could see things from a different perspective?

What if we could see things from a God’s eye view?

What can we learn from the creation account in Genesis about how God stays in rhythm?

Gods Design ...

So what happens when you try to bend the boundary or ignore the signal flares that God so graciously gave?

The Chaos of Life...

I think we can all agree that life is an absolute chaotic mess sometimes. Not only can it be out of rhythm, it’s not even on the same sheet music some days. There are things that happen to us that are so outside and beyond our control that it makes it impossible to plan ahead.

You can’t live at 100mph all the time and I don’t know who needs to hear this today but *chaos* is not God’s best for you.

The Bread of Life

So I’m sure that some of you are thinking, “if cadence is God’s best then what does that look like for me? How do I stay in the boundaries that God created? How do I live a life of flourishing and health?”

If the creation of the day was God's first act, His first gift to us, then can I ask what you are doing with the gift? How are you staying focused and present within that divine boundary? The Psalmist says in Psalm 118:24 that, *"Today is the day the Lord has made, I will rejoice and be glad in it."*

Are you finding reasons to rejoice today?

Are you accepting of and open to the natural cadence of life?

The ebbs and flows, the highs and lows, *the days the Lord has made* for you?

This coming week I want to challenge you to go back and reread Genesis chapter 1. Watch for the rhythm and beauty that happens throughout the process of creation. Take some time to watch a sunrise, sunset, or gaze at the stars.

I pray that after doing those things you will be able to say, just like the psalmist did in Psalm 8:3-4;

*"When I consider your heavens,
the work of your fingers,
the moon and the stars,
which you have set in place,
what is mankind that you are mindful of them,
human beings that you care for them?"*

I pray that you will have a deeper understanding and appreciation of God's love and care for you, your life, and your health.

As I said before, chaos is not God's best for you.

Cadence is.

And a healthy cadence, rhythm, or groove - - - whatever you want to call it - - - leads to a life of flourishing.