



Everybody wants to know how to break a bad habit or start a new healthy one this time of year! Creating rhythm is the key ... What kind of patterns do we live in from day to day? What rhythms are we creating at home? What if we were a bit more intentional this year about building healthy spiritual habits around the natural rhythms of life?

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

- How did God show up in your life this week?
- What are you thankful for?
- What is causing stress in your life right now?

REVIEW

Open your Bibles and read **Ephesians 4:22-24** .

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- What does this passage say? Repeat it in your own words.
- What does this passage tell you about God?
- What does this passage tell you about people (or myself)?
- How does this passage apply to your life? How can you specifically live out this passage?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.

- How can we help one another in our group?
- Who else (outside of our group) needs our help? How can we help them?
- Who should we pray for today?