



GROUP STUDY GUIDE

WEEK OF JANUARY 28, 2024 | RHYTHMS TO CULTIVATE

WARM-UP QUESTION

Share a time when you worked hard to train (get ready/prepare) for something.

DISCUSS

Start your discussion by sharing what stood out to you from Sunday's message. Were there any new insights or key takeaways for you?

Read Genesis 1:31-2:-3

- What does this text reveal about God's character?
- God knew how to say "enough." He modeled this in the creation story. He could have continued to create for 20 days, or 200 days, or 100 years, but He didn't. Much like the discipline of a poet or painter who knows there is nothing more to add, God knew when enough was enough. What impact did God saying "enough" have on our world? Is this something we are good at doing today? Why or why not?
- Sin is never satisfied. Can you think of any instances in the Bible where we see humankind fail to say "enough?" (*Here are some examples: Adam & Eve - Genesis 3; Jacob deceiving Isaac - Genesis 27; David & Bathsheba - 2 Samuel 11.*)
- Have you ever found yourself in a situation where you've had to face the consequences of not saying "enough?" How did this sin impact you and those around you?
- Sin is always the result of not trusting God's "enough." What are some ways you've seen this play out in your own life? In your family? In your workplace? In the world?

Read 1 Peter 1

- What stood out to you in this text? What overarching themes do you see?
- Take a moment to read the chapter again, aloud, as a group.
- Where do you see God in this chapter? (*Note: this may not have an obvious answer. Allow this to open dialogue regarding how God is always working and the ways He moves behind the scenes.*)
- Verse 5 tells us to make every effort to respond to God's promises. Discipleship requires effort on our part. How is effort different from earning, and why is it important to differentiate the two?
- Spiritual rhythms are repeated patterns of movement that allow us to live out God's purpose for our lives. This text uses the Greek word "prassō" which implies ongoing, continual practice. What spiritual rhythms do you practice regularly? What spiritual rhythms do you want to grow in? How do you see these rhythms (or lack thereof) impact your relationship with God?
- What are you making an effort towards? Are these things helping you become more like Jesus?



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RESPOND

- In what areas of your life do you think God is calling you to say “enough”?
- What actionable steps can you take this week to respond to what God is prompting you to do? When will you do it?
- Pray together as a group for the specific goals or areas of struggle that came up in your discussion. Thank God for revealing more of who He is and ask Him to help you apply what He’s prompting you to do this week.