



Rhythms.

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me— watch how I do it. **Learn the unforced rhythms of grace.** I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Matthew 11:28-30*
MSG

- Rhythm – “a regular, repeated pattern of movement or sound”
- They are learned. Practiced. Repeated. Regular.
- Rhythms can change. They are unforced.

Living.

- You are here. Now. Living.
- How are you living right now? Freely, Lightly?
- Describe it
- What do you do to “*learn to live*”? Family? Culture? Education?
- *“Teach me how to live, O LORD, lead me along the right path.” Psalm 27:11*
- *“You will show me the way of life, granting me the joy of your presence and the pleasure of living with you forever.” Psalm 16:11*
- *“My child, pay attention to what I say. Listen carefully to my words. Don’t lose sight of them. Let them penetrate deep into your heart, for they bring life to those who find them and healing to their whole body.” Proverbs 4:20-22*

Listen.

“Listen carefully to my words ...”

- God’s Word. All of it. How do we listen?
- To listen in Hebrew is to not just hear but to

respond.

- Perhaps this is where we struggle. We hear and know much.
- But how are we responding?
- Could we be in danger of becoming “cast sheep”?
 - Sheep need to be rescued. Sometimes they wander and need to be found and sometimes they fall on their backs, this is called a cast sheep.
 - The internet defines older, mature sheep as more susceptible to being a cast sheep. They are fatter (they just take, and take, and take) and have heavy coats with a huge amount of hair. They have too much. Because of that, it’s easier for them to trip, stumble, or fall.
- How are we living by listening and thereby responding to what we are learning in God’s Word?
- With whom are we sharing what we are learning?

Isaiah 50:4-5 NLT “The Sovereign LORD has

given me his words of wisdom, so that I know how to comfort the weary. Morning by morning he wakens me and opens my understanding to his will. The Sovereign LORD has spoken to me, and I have listened. I have not rebelled or turned away.”

- This is a verse that has grabbed me this summer.
- It has become a daily prayer.
- Morning by morning – I find He wakens me. Therefore, I need Him to open the understanding to do His will and not my own! And it’s about serving each other as we walk along.
- When God speaks – will I turn away or will I listen, & respond?
- This is a way I am learning to follow and live like Jesus. Walking, working, watching how Jesus listened and lived.
- What is The Word saying to you lately, how is it impacting how you live, and with whom will you share it?