

RHYTHM - WEEK 1

Daily Devotion

There is a big difference between a life of good intentions and an intentional life.

Before You Begin

Most of us do not need to be convinced that spending time with God is important. The challenge is actually building our lives around it. This week's conversation is not about making people feel guilty for how often they read their Bible. It is about helping people discover how a consistent rhythm of time with God can shape the rest of their lives.

The goal: Help every person identify a realistic time, place, and plan for meeting with God.

Open in Prayer

Ask God to quiet distractions, give everyone a desire to know Him more, and help the group approach His Word with an open and teachable heart.

Leader Tips

- Remember: **this guide is a menu, and not a script**. Choose the questions that will best serve your group.
- Do not assume everyone knows how to read the Bible. Some people may be opening it for themselves for the first time.
- Avoid turning the conversation into a competition about how long or how often people have devotional time.
- Be willing to share honestly about your own struggles with consistency.
- Keep moving people from good intentions toward a simple, realistic plan.
- Leave enough time for **Go Do It, Now What?**, and prayer.

Overview

Read **Acts 2:42-47**. The early church intentionally built their lives around rhythms that kept them connected to God and one another. They devoted themselves to teaching, fellowship, meals, prayer, generosity, worship, and life together. Devotion was not simply something they felt. **It was something they practiced.**

One foundational rhythm we can build into our own lives is **Daily Devotion** - intentionally creating space to meet with God through His Word and prayer.

1. Make the Bible Your Own

Read 2 Timothy 3:16-17

Scripture is useful for **teaching** - defining truth; **exposing** - showing wrong behavior or belief; **correcting** - getting us back on track; and **training** - providing practical direction.

LOOK AT IT

- According to these verses, where does Scripture come from?
- What four things does Paul say Scripture does in our lives?
- What does Paul say is the result when we allow God's Word to do these things?

EXPLORE IT

- What's the difference between knowing what the Bible says and allowing the Bible to shape your life?
- Of teaching, exposing, correcting, and training, which one are we most likely to resist? Why?
- Why do you think Scripture is meant to prepare us to **do** something rather than simply know something?

GO DO IT

- When was the last time something you read in Scripture actually changed a decision, attitude, or behavior?
- Which do you need most from God's Word right now: teaching, exposing, correcting, or training?
- What would need to change for reading Scripture to become something you do for yourself rather than something you primarily hear from someone else?

2. Find Your Time. Find Your Place.

Read Mark 1:35

Even Jesus intentionally stepped away from the demands around Him to spend time alone with His Father.

LOOK AT IT

- When did Jesus get away?
- Where did He go?
- What did He do once He was there?

EXPLORE IT

- Why do you think Jesus intentionally went somewhere isolated?
 - What tends to crowd out your time with God?
 - What does Jesus' example tell us about the difference between **finding time** for God and **making time** for God?
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2. Find Your Time. Find Your Place. (continued)

GO DO IT

Do not settle for saying, **“I need to read my Bible more.”** Get specific.

My Time: When could I consistently spend time with God?

My Place: Where could I go with the fewest distractions?

My Plan: What will I actually do when I get there?

- What's one distraction you need to remove or boundary you need to create to protect that time?

3. Prepare Your Heart

Read Proverbs 2:2-4

“Tune your ears to wisdom, and concentrate on understanding... Search for them as you would for silver; seek them like hidden treasures.”

LOOK AT IT

- What actions are we told to take in this passage?
- What words describe the intensity with which we're supposed to seek wisdom?
- What comparison does the writer make for how we should pursue understanding?

EXPLORE IT

- What would change if we approached Scripture like someone searching for hidden treasure?
- What's the difference between reading the Bible to finish a chapter and reading it expecting God to work in your life?
- How does the posture we bring to Scripture affect what we receive from it?

GO DO IT

Before opening your Bible this week, take a moment to prepare your heart. Try praying:

“God, I'm listening. Show me who You are. Show me what is true. Show me what needs to change in me. Then give me the courage to do something about it.”

- Which part of that prayer is hardest for you to pray honestly?
 - What could you do before reading Scripture that would help you slow down and actually listen?
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Now What?

Good intentions say: “I should spend more time with God.”

An intentional life says: “This is when, where, and how I'm going to meet with God.”

Before leaving tonight, identify your plan for this week:

WHEN: _____

WHERE: _____

WHAT: _____

Commit to showing up. Do not focus on having the perfect devotional time or how long it lasts. **Start building the rhythm.**

Consider sharing your plan with someone in the group and asking them to check in with you this week.

Group Prayer

Take 2-3 minutes and pray:

God, give me a desire to know You. Help me slow down enough to hear from You and give Your Word room to shape my life. Show me what is true, expose what needs to change, correct me when I'm off track, and train me to live Your way. Help me move beyond good intentions and intentionally build my life around You. Amen.

On Your Own

This week, practice the rhythm instead of simply talking about it. Each day, read a short passage and ask:

What does it say? Pay attention to what is actually happening in the passage.

What is God showing me? What does this reveal about God, about me, or about how He wants me to live?

What am I going to do about it? Identify one response - even a small one.

- **Day One** - Mark 1:35-39
- **Day Two** - 2 Timothy 3:14-17
- **Day Three** - Proverbs 2:1-6
- **Day Four** - Hebrews 4:12-16
- **Day Five** - Psalm 119:9-16

Show up. Open His Word. Listen. Respond. Repeat.
