



AUGUST 4 & 5

## HOW DO I CREATE RHYTHMS WITHOUT BECOMING RELIGIOUS?

JOHN FULLER | SENIOR PASTOR

### INTRODUCTION

No "do it yourself" project is finished completely alone. Many times when we "do it ourselves," we take on a project and later seek guidance, which comes in the form of a book, Internet guide, experienced friend, neighbor or family member. Even when we are without direct guidance, we are likely utilizing the knowledge we gained from having that reference close by. Our faith DIY is no different. We are never alone as we spread the word about Jesus, teach our kids and forgive others. God is ready to be with us each step of the way. All we must do is make the choice to proceed.

### DISCUSSION

1. Life is crazy, hectic and busy. Many things compete for our attention, and oftentimes what is most important gets pushed aside. Is this true of you? What gets pushed out in your life? What are some of the refrains, or sayings, that have resonated in your life concerning your relationship with God?
2. Why don't the "religious" and "balanced" approaches to life work? What approach(es) have you tried in your life? What has worked? What hasn't worked? Why?
3. Review the following scripture passages: Hebrews 4:12-13, Matthew 6:5, 1 Corinthians 6:19. How do these passages relate to creating rhythms which put God first in your life?
4. Pastor John said, "Being in rhythm doesn't mean everything is smooth and easy. Rhythms help you survive this life which is full of hard, sudden, furious things." What have you learned so far in your self-discovery process? Share your findings with the group to see commonalities and learn from differences.

### THINK ABOUT IT

Around 88% of New Year's resolutions fail. Oftentimes this failure is due to a crazy schedule, and many times the failure is due to people trying to be something that they are not. God created us, and He wants us just as we are. He also wants us to put Him first our lives. Healthy rhythms start small and are realistic. The long-term advantages of these rhythms are stability, peace, joy and a sense of purpose. However, in the short term, we may feel discomfort. The discomfort of changing habits is why 25% of New Year's resolutions fail. This discomfort is our brains trying to make new connections to establish new rhythms, and it takes time. Commit to your new routine for 30 days. It may take that long before you feel comfortable and stable in your new life-giving rhythm, but it will be worth it!

### DO SOMETHING

1. Complete the Five Key Rhythms worksheet to help you focus on how to create these healthy rhythms in your life.
2. Create a YouVersion account, and explore the options available to help you dig deeper into God's word. Consider a reading plan appropriate for your current season of life.
3. After completing the Five Key Rhythms worksheet, consider what resources you may need to implement these changes in your day. You may need help making these new rhythms a reality. Make a list to share with an accountability partner.

For more information, contact [grouplife@prairielakeschurch.org](mailto:grouplife@prairielakeschurch.org).

# Five Key Rhythms Worksheet

For each of the five life areas listed below, respond to the following questions/statements:

1. How am I wired in this area? In what season of life am I right now? What is my past experience with this area of my life?
2. From what I know about myself, this is what I am going to do in this area. Be specific:
  - a. What will I start doing?
  - b. When will I do it?
  - c. Where will I do it?
  - d. How will I make sure it happens?

1. BIBLE

2. PRAYER

3. PHYSICAL

4. RELATIONSHIPS

5. GENEROSITY