
COMMUNITY GROUP GUIDE

Everyday:: Restorative Rhythms

Passage: Various

The Point: In order to fulfill our mission, we must establish restorative rhythms.

Discussion Questions:

- **Intro:**
 - When you think about 2026, what's one word you'd use for what you want spiritually?
 - What's a goal you've set before (fitness, money, parenting, etc.) where you learned: the goal wasn't the issue—the system was?.
 - The sermon described a “gap” between what we say we believe and how we live. Where do you feel that gap most right now?
- **Why Rhythms Matter**
 - Read Acts 2:42-47. What type of rhythms do you see in the early church?
 - How do spiritual rhythms or disciplines help us to keep God at the center of our lives?
 - “Spiritual disciplines aren't about making you more precious to God; they're about making God more precious to you.” How does that statement correct your view of disciplines (Word, prayer, church, etc.)?
- **What rhythms?**
- **Personal Rhythm:**
 - Daniel had a prayer rhythm (Dan 6). Jesus withdrew to pray (Luke 5). What's one personal rhythm that has historically helped you stay close to Jesus?
 - What a rhythm that you would like to put in your life or family this year?
- **Church Rhythm:**
 - Gather weekly, Connect regularly, Train intentionally, Live missionally Which one do you personally under-value the most? Why?
 - Why is it important to have community and the church apart of our rhythms?
- **Takeaways**
 - The sermon made a big shift: don't fit rhythms into your life—build your life around rhythms. What would you need to say “no” to in order to say “yes” to the best things?
 - Consistency: Where are you most inconsistent right now (Word, prayer, gathering, community, mission)?
 - In seasons that are hard, we often drop rhythms—but we need them most. What season are you in right now (easy, busy, heavy, dry, joyful), and what rhythm will help you endure?
 - The sermon ends with Jesus' commitment to us (Phil 1:6; Phil 2:12–13; Jude 24–25). How does God's commitment to you produce both humility (it's God's work) and effort (I still show up)?
 - What was your biggest takeaway?