



## **Group Discussion Guide: Rhythms | May 8, 2022**

### **Open your time together with a question to catch up on each other's weeks (15 minutes).**

Ask, "What have the highs from your past week been? What have been the lows?"

Once you've finished catching up, take a moment to still yourselves. Then, have someone pray over your time together.

### **Read Scripture, go over the sermon, and share your thoughts and reflections (45 minutes).**

- What challenged you from this sermon? What resonated?
- Do you believe we live in a culture of too much stuff? Where do you see this reality at play in our society?
- How would you describe your family of origin's disposition towards "stuff" growing up? Did they pursue simplicity? Or did they pursue the obtainment of "more?"
- How has your family of origin affected your disposition towards accumulating possessions and experiences?
- Are you comfortable with your current relationship to material possessions? Explain.
- **Read Philippians 4:10-13.** What "secret" does Paul learn in these verses?
- Think through the life of Paul. What events in his life helped him "learn" contentment? See **Acts 27-28; Philippians 1:13-14, 17, 20; 2 Corinthians 11:24-33** as examples.
- Now, think through the life of Jesus. Where do you see simplicity exemplified by him?
- In their sermons, Gary and Eric talked about how we need simplicity as it relates to 1) the stuff we own; 2) the opportunities we pursue; and 3) the schedules we keep. In which of those categories do you think you could use some simplicity in your life?
- What is one way you plan on practicing simplicity this week?

### **Split off into gendered accountability groups (20 minutes).**

This is a safe space to share what you're going through in a more intimate setting. Feel free to take turns going through questions like the ones below. You may find there's only enough time for one or two questions, so pick one or two that you feel like are pertinent for your group OR create your own accountability questions. Once everyone has shared, have someone pray for the group.



Questions to ask:

- How are you...*really*...as of late?
- How is your marriage? How is your relationship with your children?
- Is there anything you'd like to confess and share with the group?
- If you struggle with the rhythm of simplicity, what is driving that struggle?
- Where have you sought after possessions or experiences too much instead of seeking after God?
- How is your time in God's Word? In prayer?

**Finish with intercessory prayer (10 minutes).**

Finally, like each week, finish your group session with prayer. You might designate someone in your group to write down everyone's prayer requests and then send them to the whole group for everyone to be praying about through the week.

- What is on your heart that you need prayer for?
- Who in your life needs prayer?

Have someone close in prayer.