



Group Discussion Guide: Rhythms | May 1, 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. Have someone read this reflection from St. Ignatius of Loyola over the group:

"God who loves us creates us and wants to share life with us forever. Our love response takes shape in our praise and honor and service of the God of our life. All the things in this world are also created because of God's love and they become a context of gifts, presented to us so that we can know God more easily and make a return of love more readily. As a result, we show reverence for all the gifts of creation and collaborate with God in using them so that by being good stewards we develop as loving persons in our care of God's world and its development. But if we abuse any of these gifts of creation or, on the contrary, take them as the center of our lives, we break our relationship with God and hinder our growth as loving persons. In everyday life, then, we must hold ourselves in balance before all created gifts insofar as we have a choice and are not bound by some responsibility. We should not fix our desires on health or sickness, wealth or poverty, success or failure, a long life or a short one. For everything has the potential of calling forth in us a more loving response to our life forever with God. Our only desire and our one choice should be this: I want and I choose what better leads me to God's deepening life in me."

After you've finished reading, take a few deep breaths, slowly inhaling and exhaling. Then, have someone pray over your time together.

Next, read Scripture, go over the sermon, and share your thoughts and reflections (45 minutes).

- What challenged you from this sermon?
- Do you believe we live in a culture of hurry? Why?
- What do you think it is about our society that contributes to our speed?
- **Read Genesis 3:5.** In this verse, Eve was tempted by the idea that she could be "like God." How does trying to become "like God" contribute to our problem of hurry?



- Read **Psalm 46**. What words or phrases in this passage point to things being in chaotic for the writer? What words or phrases in **Psalm 46** might give the writer the ability to obey God’s command to “Be still and know that I am God” (**verse 10**)?
- When life is chaotic around you, how does that affect your pace of life?
- In this message, Emerson (at Franklin Road) and Eric (at Shelby Street) mentioned how we sometimes hurry because we fail to align ourselves with God’s work. **Read John 5:17, 19**. Could you say that “you do nothing of your own accord” but that “You only do whatever the Father does?”
- What is one way you plan on practicing slowing this week?

Take the slowing assessment from Sunday (20 minutes).

Spend some time individually and reflect again on the slowing questions that Emerson and Eric asked us on Sunday.

- How would you describe the pace of your life right now? Slow? Hurried? Easygoing?
- Where in your body, mind, and soul are you feeling the effects of speed?
- How is your pace of life affecting your ability to love God and others?

Once finished, share your reflections with the large group.

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.