

The Unhurried Life

Life Group Notes and Questions

Sermon Topic: New Rhythm

Bible Verses: Matthew 11:28-29 (ESV & MSG), Ecclesiastes 3:1-13, 1 Timothy 4:7-8.

Sermon Notes:

There is something in everyone one of us, in our very being, something you can not control that flows to a rhythm. We will built for healthy rhythms. Do you think you have rhythm to your life? or are you out of sync?

Ecclesiastes 3:1-8 - Solomon describes there is a time for everything and then in verse 9-13 poses the questions 'What good does work have? What is the value of work? He says it is good being busy doing Gods business. It is good being busy doing the work God has given us. There was rhythm in the creation story. Do you have rhythm in your day, week and month? Or is one area of your life that is out of balance? ie. work, exercise, social life etc.

Rhythms are good for our physical, emotional, mental and spiritual (our soul) state.

Does your rhythms in your life make your soul flourish?

1 Timothy 4:7-8 states it is better to invest time in your soul because your soul will last forever.

Questions:

1. Can you think of any stories from Jesus' life that shows that He a lived of rhythm?
2. Why do you think rhythm is so important to our lives?
3. Why do you think sometimes we get a unbalanced/out of sync life? What things in our lives can make them unbalanced? ie. working more to have more money, playing tennis every evening rather than spending time with family.
4. What can result from the an unbalanced life? ie. pressure, stress etc.
5. Read Ecclesiastes 3:8-13, What do you think Solomon is trying to tell the reader?
6. From 1 Timothy 4:7-8, How can we train in Godliness? And how can we can take care for our souls better?
7. What ares of your life is unbalanced? How can you change that to make yourself have a more healthy rhythm to you life?

What has God been speaking to me about:

This area is for you write down what God is speaking to you about and what you want to change in your life.