

MEETING 3 – DANCING TO THE RHYTHM OF LIFE

Objectives

- Continue building trust with one another.
- Understand God’s pattern for work and Rest in our lives
- Begin identifying ways to incorporate rest into my life more intentionally
- Learn to recognize God’s pruning in my life and cooperate with His divine plan

Materials Needed

1. Daily Devotional Guides for all participants
2. Spare pens or pencils
3. DVD and something to play it on or access to the online video file
4. Refreshments (if desired)
5. Prayer notebook (if desired)

Welcome

- Welcome people as they come in.
- Check up on previous prayer requests/personal issues that people shared last week.

Relate

- Would you describe yourself as someone who “has rhythm” or someone who is “rhythm challenged?” Share an amazing display of rhythm that you have seen (ideas – Drum line, Pathfinder drill challenge, dance competition, Blue Man Group, etc.)

Remember

- What do the two sides of the semi-circle represent? What are the origins of this rhythm?
- What was God’s original plan for work? Why is it so hard now?
- When God created Sabbath, what three ideas did He include and what negative emotions do they heal?

Reflect

- What are some of the biggest obstacles you face when trying to find a better balance in your life?
- How does the rhythm of the semi-circle impact your understanding of what Sabbath is for and how to “keep it?”
- Have a volunteer read John 15:1-8 and lead the group to reflect on the following questions
 - What does fruitfulness look like in your life?
 - How does God move us to experience more fruitfulness?
 - How does pruning fit in with God’s invitation to abide in Him?
 - What is God’s ultimate intention for your life?
- Have the group identify who are introverts and who are extroverts in the group. Share stories and ideas of how each group finds rest in their lives.
- What is your go-to relaxation activity? Would you say it is more rest, or more entertainment? What could you do to incorporate more regular rest into your life?
- Share ideas about how you find rest:
 - Daily
 - Weekly
 - Monthly
 - In the Seasons of life

Review

- Our culture places a high value on busyness. How can you positively represent God's principle of rest in this kind of cultural climate?
- What one thing will you try to do differently to include more rest in your life this next week?
- How will you use the learning circle to make a change in getting more in sync with God’s natural rhythm for your life?

Reconnoiter

- Point people to the DVD notes section in their Daily Devotional Guide
- Show the video for week 3 – What Does God Want from Me Anyway?
- Field any questions about next week.
Note: If you are doing refreshments, don't forget to line people up for next week
- Close with prayer