DISCUSSION GUIDE

(RE)Evaluating our Rhythms this Fall

GETTING STARTED

Describe a 24-hour day that is typical for you? How is it different today than 10 years ago? Why?

QUICK REACTIONS FROM THE MESSAGE

How would you summarize/paraphrase the message in your own words?
What point/idea resonated most with you? Why?

Dave used a jar, to represent time, and balls to represent the amount of time it takes up or fills up our day or week. As you look at your jar, what is missing, needs re-prioritizing, emptying, or refilling in order to reflect what God may be calling you to?

Read Psalm 90:12
What does God ask us to consider regarding the time that we have?
What is the goal of asking that God would teach us to number them?
How does this verse relate to establishing healthy rhythms and spiritual discipline in our life?
What do training, discipline and rhythms all have in common? How are they different?

Read Hebrews 12:1-2
What are we to "strip off" that slows us down? How would this apply to what goes in our "jar" and what comes out of our "jars"?
How are we to run the race of faith?
What should be our focus?
How would this impact our training, disciplines, rhythms we establish in our lives?

Read 1 Timothy 4:7-8
What does Paul ask Timothy not to waste his time over? How do we tend to "waste" time? What is the difference between "down-time" and "wasting time"?
How is Physical training good? What are the goals and results? What similarities are there to physical training and spiritual training?
What would it look like to train for godliness? What would that look like to put in your "jar"? What benefits would there be for spiritual training?

APPLY THE PASSAGE

What do we learn about God and about ourselves in this passage?
What do you need to stop, start or do differently as a result of reading this passage?
How can we pray for each other?
THIS WEEK: Take time to observe and write down how you spend your time? Do you like what you see? Does this rhythm help me or hurt me? What spiritual discipline needs to be added to your jar? What needs to go? What needs to be reinvigorated?