

Connection

What is one thing you are excited for about this Fall?

Content

In this week's message, Billy talks heart to heart about some experiences from his summer sabbatical and shares his testimony and Scripture that really was meaningful to his experiences.

Developing New Rhythms

When God created the world, He stepped into time because beforehand He was timeless. With creation, God created rhythms like the rising of the sun, the seasons, and the very breath we take.

1. What is one rhythm you have in your every day life that feels a little off, that has fallen out of rhythm?

2. Biblically we can establish two rhythms right now that will help keep us close to God.

- **Daily Attentiveness** which can look like: Taking quiet time, devotionals, intentional times of prayer.

- **Weekly Sabbath** which can look like: keeping the Sunday holy, attending church, taking a day of rest weekly.

What other examples can you think of for either rhythm?

Rekindle Faith

Sometimes we need kindling to help our faith grow when the flame is starting to fade. Here are four simple things you can do to help your faith flourish daily:

- Look at the daily promises in new life in Christ.
- Look at the bigness of God.
- Look for the presence of Jesus in your life.
- Name the good things in your life; say them aloud.

3. When have you found your faith needing kindling and what did it feel like?

Relearn Peace

4. Is there something that is bringing you anger, worry, stress? Write it here: _____

Now take a moment in prayer, asking how God can use these emotions you're facing to grow you and how can you lean into the peace that is promised by God.

Commitment

5. This week read over these verses in Psalms and take time to reflect on the invitations from God to be in His presence. As you read, look for how you can make time in your rhythm of the week to rekindle your faith in Christ.

Psalm 17:7a
Psalm 26:2-3
Psalm 27:8
Pslam 2:12
Pslam 13:5-6
Psalm 16:2,7
Psalm 17:5-6
Psalm 22:25-26
Psalm 26:7-8

Challenge Assignment:

6. What is a verse that has a special place in your heart? Make time this week to share it with someone and explain why it is special to you.