

MESSAGE RECAP

Every one of us has rhythms in our lives.

A rhythm is a regular and repeated pattern that gives structure and direction to our lives.

Some rhythms are intentional. Others develop without us ever deciding to create them. But whether we choose them or not, our rhythms are shaping us.

That's why an important question isn't simply: "What rhythms do I have?"

It's: "How are my rhythms shaping me?"

The early followers of Jesus developed specific rhythms as they learned what it meant to follow Him. Acts shows us people who regularly practiced repentance, prayer, learning from Jesus' teachings, sharing their stories, generosity, serving, and worship.

These weren't religious boxes they checked to earn God's approval. Their relationship with Jesus was changing the way they lived, and these repeated practices were shaping them into people who increasingly thought, loved, and lived like Jesus.

The same can be true for us.

We don't have to change everything tomorrow. Instead, we can identify one rhythm that needs attention and intentionally begin repeating it.

Because eventually: What I repeat, I become.

Key Takeaway: What I repeat, I become.

ICEBREAKER

What is one routine you do almost every day without even thinking about it?

It could be your morning coffee, checking your phone, exercising, watching a certain show, going to bed at the same time, or something completely random.

Follow-up: How difficult would it be to stop doing it for a week?

DISCUSSION QUESTIONS

HOW ARE MY RHYTHMS SHAPING ME?

*Think about a normal week in your life. What are some things you consistently repeat?

*Which of your current rhythms are healthy?

*Are there any rhythms that aren't necessarily "bad," but aren't helping you become the person you want to become?

REPENTANCE — I TURN BACK TOWARD JESUS

Read Acts 2:37–38.

Repentance means more than feeling bad about something. It means recognizing that we're headed in the wrong direction, changing our mind, and turning toward Jesus.

- *Why is it possible to feel bad about something without actually changing?
- *Why should repentance be an ongoing rhythm for someone following Jesus?

PRAYER — I KEEP THE CONVERSATION WITH GOD GOING

Read Acts 2:42.

Prayer doesn't always have to be long, formal, or complicated. Sometimes it's simply: “God, help me.”, “God, give me wisdom.”, or “God, what should I do?”

- *What does prayer currently look like in your everyday life?
- *What makes consistent prayer difficult?
- *What could help you keep the conversation with God going throughout your day?

DAILY DEVOTION — I CREATE SPACE TO LEARN FROM JESUS

Acts 2:42 tells us the believers “devoted themselves to the apostles' teaching.” Today we have access to those teachings through Scripture.

- *What currently helps you consistently spend time in Scripture?
- *What usually gets in the way?

GENEROSITY & SERVING — I LOOK BEYOND MYSELF

Read Acts 2:44–45.

As these people followed Jesus, they began viewing their possessions and the needs of others differently.

Generosity says: “What I have isn't just for me.”
Serving asks: “How can I help?”

- *What makes it difficult to live with that mindset?
- *What needs do you currently see around you?
- *Is there something you have—time, money, abilities, resources, influence—that God could use to help someone else?

MY STORY — I DON'T KEEP WHAT JESUS IS DOING TO MYSELF

Read Acts 1:8.

Jesus told His followers they would be His witnesses. A witness doesn't have to know everything. A witness simply tells what they have seen and experienced.

- *Why do we sometimes feel intimidated about talking about our faith?

*What is something Jesus has done—or is currently doing—in your life that you could share with someone?

*Who in your life might need to hear your story?

WORSHIP — I RECOGNIZE AND RESPOND TO GOD

Read Acts 2:46–47.

Worship is bigger than singing songs at church. Worship happens when I regularly recognize and respond to who God is and what He has done.

*What are some ways we can worship God outside of Sunday morning?

PERSONAL APPLICATION

Look at the seven rhythms again:

REPENTANCE — I turn back toward Jesus.

PRAYER — I keep the conversation with God going.

DAILY DEVOTION — I create space to learn from Jesus.

SERVING — I notice the needs around me and do what I can to help.

MY STORY — I don't keep what Jesus is doing in my life to myself.

GENEROSITY — What I have isn't just for me.

WORSHIP — I recognize and respond to who God is and what He's done.

Which one rhythm do you need to intentionally repeat this week?

What is one specific thing you can do to begin making that rhythm part of your everyday life?

PRAY

1. Share the one rhythm you want to focus on this week.
2. Then pray for one another—that God would help each of you intentionally build rhythms that are shaping you to become more like Jesus.