



## Discussion Guide for “Discipleship”

### *Catalyst in the Time of COVID Week 3*

One of the ongoing realities of the COVID pandemic is how thoroughly our routines have been upended. God created us to be creatures of rhythm, so how can we recover some routine as we live out this extended 'in-between' time?

#### **Scriptures for Further Reading**

Genesis 1:14-19; Joshua 1:6-9; Psalm 1:1-3; 1 John 4:19

*click here to [read all scriptures](#)*

#### **Passage for Sacred Reading:**

Sacred Reading is a way of reading Scripture with an eye toward transformation, not just information. You can find a [step-by-step guide here](#). The passage for this week's sacred reading is [Psalm 1](#).

#### **Questions for Discussion**

1. What ways have you experienced disruption because of COVID? Do you feel like you've settled into a 'new normal'?
2. Review Genesis 1:14-19. What does it say that God wove rhythm into creation? (Just for fun: what are some ways technology has decoupled us from natural rhythms?)
3. What are your favorite seasons in the Church calendar?
4. Revisit Joshua 1:6-9. Have you ever considered prayer to be an activity that can order your day?
5. What are some rhythms and routines you have added to thrive during COVID? What might you need to add?