



Discussion Guide for “Rediscovering Our Rhythm”

How to Get Your Groove Back Week 1

The last year and a half, many of us have felt unmoored and adrift. As we're opening back up, going back to school and trying to find the new normal, how can we rediscover and reclaim those spiritual rhythms that bring us to life?

Scriptures for Further Reading

Genesis 1:1-5, 14; Psalm 1:1-3; Exodus 20:8-11; Acts 20:7

[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 rhythms do you feel like you've lost in the wake of the pandemic? How have those affected you?
2. What are some daily, weekly and yearly rhythms in our culture that you enjoy? Why?
3. Review the daily, weekly and yearly rhythms we explored in the sermon. Which are most meaningful to you? Which have you struggled with?
4. Why do you think God created us to live in rhythm?
5. What rhythms is God calling you to reclaim this month?