



## Discussion Guide for “Weekly Rhythm”

### *How to Get Your Groove Back Week 3*

With everything happening in our world, we feel crushed and hopeless. Now, more than ever, we need to reclaim the weekly rhythm of worship. Why? Because this weekly rhythm reminds us who we are: God's beloved people, called to be peacemakers in this chaotic world.

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

Exodus 20:8-11; Deuteronomy 5:12-15; Revelation 4:2-11; Hebrews 10:25; 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 [Revelation 4:2-11](#).

#### **Questions for Discussion**

1. How have you felt in the last week given everything happening in the world?
2. Review the 4<sup>th</sup> commandment in Exodus and Deuteronomy. How does the command differ in the two books? What's the common thread?
3. Review Hebrews 10:25. Why is a weekly rhythm of worship so important?
4. Revisit Revelation 4. What sticks out to you about that vision of worship?
5. How has worship this week formed you to act for peace in our world?