

Saturday & Sunday, February 3 & 4 2018 - "Resolve Week 4 - Keep in Rhythm" - Doug Kempton

Key Passages: Ephesians Philippians 3:15-16, Romans 4:12, Galatians 5:22-25, Galatians 6:15-16

- Feel free to read the passage(s) out loud as a group
- Allow the group to share freely about what stood out to them from the passage or from Sunday's message

Main Ideas

- Paul lays out some safeguards for our walk with God
- Recap: 1) Know Christ 2) Press On 3) Forget the Past (called to throw off everything that hinders us)
- Philippians 3:15-16
  - Encouragement that God will reveal to us and speak to us if we ask Him and listen, there are right things to think about and focus our minds on
  - v16: Let us hold true to what we have attained
- Hold True means something a bit different than what we would expect
  - Same word translated differently 3 different times
    - Romans 4:12, Abraham, walk in the footsteps
    - Galatians 5:22-25, Fruit of the Spirit, keep in step
    - Galatians 6:15-16, new creation, walk by this rule
  - Hold true/walk in/keep in step/walk by this rule = greek word **stoicheo**
  - Stoicheo = **STAYING IN RHYTHM** (strictly adhering to a specific cadence)
  - 4th safeguard: **Keep in Rhythm**
- Keep in Rhythm
  - Drumline video: the drummers must adhere to a strict cadence
  - Click track at Grace: the band has to stick to it and play together with it to sound good
  - The band playing to the rhythm vs. not
    - It's something that is learned and developed
    - You move from struggling to hear it and to feel it but it becomes second nature
- HOW...do we keep in rhythm
  - A call to hear and obey
  - v16: hold true = keep in rhythm.... to what we have attained = to what you hear
  - Slow down and ask these questions:
    - What is God inviting you into and are you accepting the invitation?
    - Where in your life do you know you are out of step?
    - What is God already saying that you need to hear but you don't want to hear?
  - Luke 8:18: God will speak, but we have to respond to what we have already heard Him say
  - Practices in place to hear from the Lord
    - **15 Minutes w/ God**: reading a passage of scripture and asking God to speak to us (5 min), writing down what we hear God say (5 min), praying (5 min)
    - Join us in **practicing Lent** (Lent guide/40 days of intentionally setting aside time to hear God)
    - Some form of **daily examine**: God where did I see you work today? Where was I in step or rhythm and where was I out of rhythm? God what do you want to say to me?
- The world will see when we are in rhythm and they will notice when we are out of rhythm

Questions (Feel free to use all of these, some of these, or none of these)

1. Has God given you a word for 2018? Talk about your word and what it means for you
2. Where in your life do you know you are out of step? How is God calling you back in rhythm with Him?
3. What has God been saying that you need to hear but you are ignoring or don't want to hear?
4. How have you seen God respond to you practicing staying in rhythm? If you have done 15 minutes with God what has the Lord been saying to you?
5. How do you think God might be calling you to practice this season of Lent? Intentional time/fasting/ practices?
6. What is God inviting you into as a result of this passage or message?

**\*\*15 Minutes with God Reading Plan-**

**Mon: 1 Corinthians 10 Tues: 1 Corinthians 11 Wed: 1 Corinthians 12 Thurs: 1 Corinthians 13 Fri: 1 Corinthians 14**