

# Walking with God to the Rhythms of Life

Ecclesiastes 3:1 (NLT) For everything there is a season, a time for every activity under heaven.

**God has established \_\_\_\_\_ in the \_\_\_\_\_ He \_\_\_\_\_.**

Daily: Night and Day

Genesis 1:3-5 Then God said, “Let there be light,” and there was light. And God saw that the light was good. Then he separated the light from the darkness. God called the light “day” and the darkness “night.” And evening passed and morning came, marking the first day.

Weekly: 6 days for work and 1 of rest.

Genesis 2:1-3 So the creation of the heavens and the earth and everything in them was completed. On the seventh day God had finished his work of creation, so he rested from all his work. And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.

Monthly: Based on cycles of the moon.

Yearly: Seasons.

Genesis 1:14 Then God said, “Let lights appear in the sky to separate the day from the night. Let them be signs to mark the seasons, days, and years.

Lifespan

Genesis 6:3 Then the LORD said, “My Spirit will not put up with humans for such a long time, for they are only mortal flesh. In the future, their normal lifespan will be no more than 120 years.”

**Biblically, people have aligned \_\_\_\_\_ of life.**

Daily:

Daniel 6:10b [Daniel] prayed three times a day, just as he had always done, giving thanks to his God.

Weekly:

Monthly

Yearly:

Seasons of Life:

**Psalms 90** A prayer of Moses, the man of God.

**No activities are required to \_\_\_\_\_. Just trust in the gift of Jesus.**

**There is \_\_\_\_\_, not requirements.**

Colossians 2:16-17 Therefore no one is to act as your judge in regard to food or drink or in respect to a festival or a new moon or a Sabbath day— things which are a mere shadow of what is to come; but the substance belongs to Christ.

Exodus 16:29 They must realize that the Sabbath is the Lord’s gift to you. ...

Mark 2:27 Then Jesus said to them, “The Sabbath was made to meet the needs of people, and not people to meet the requirements of the Sabbath.”

**So feel free to adapt, experiment, be flexible.  
There isn’t judgment, just possibilities.**

**Some questions to consider:**

What daily rhythms of prayer and input from the Bible do you have and/or desire to have?

What weekly rhythms of stopping to rest, enjoy, and be with God do you have and/or desire to have?

What larger time frame rhythms (monthly, yearly, etc) do you have and/or desire to have (extended time with God, special celebrations, conferences, get aways)?

Who do you share life with that inspire you (spurs you on toward love and good deeds)?

How do you view interruptions in your daily, weekly, yearly, lifetime rhythms?

How can you slow down enough, create enough margin to stop and be thankful; to stop and listen; to just do nothing and “be” with God?

What do you currently do (or hope to do) that nurtures your spirit and fills you with delight (e.g. people, places, activities). —Pete Scazzero

*Feel free (even though you are in church) to include activities that go beyond such activities as prayer, going to church, worship, and Bible reading. Your list may include gardening, walking the dog, being in nature, talking with close friends, cooking, painting, hobbies, or any number of other possibilities. List them all!*