



## HOW

### WEEK 1 – Daily Rhythms

*Mark 1:35; Luke 5:15-16; Matthew 4:4; Romans 10:17, 12:2, 15:4*

## CONNECT

We're a week into the new year. What was one of the highlights of 2018 for you or your family? What was one of the low points?

Do you have any New Year's Resolutions?

## READ TOGETHER

Take a few minutes to read through the verses listed below that highlight the ideas of DAILY RHYTHMS to build a relationship with our Heavenly Father.

*(If you want to get a little context, read the few verses before and after each)*

**Mark 1:35; Luke 5:15-16; Matthew 4:4; Romans 10:17, 12:2, 15:4**

## DISCUSS TOGETHER

Was there anything that stuck out to you or challenged you from this week's message or the Bible reading?

The BIG IDEA from Sunday was this:

**There is NOTHING more important you can do today than spend MEANINGFUL TIME alone with your Heavenly Father.**

What do you think about that statement?

Jeremy talked about two specific DAILY RHYTHMS everybody should have:

**GET AWAY & PRAY || CONSUME THE WORD**

Are those important? Why or why not?

(Honesty time!) Do you have a **daily rhythm** of meaningful time with the Lord?

If so, what do you do?

If not, what's keeping you from that? Something below or something else?

*Some ideas that were talked through Sunday: "I don't have time" / "I read the Bible & pray but feel nothing" / "I just forget, I don't know why I don't"*

If you've been a follower of Jesus for a long time, what has kept you going or brought you back to Him during a spiritually dry or empty time?

Did anything stick out to you from what Morgan Robinson or Jeff Backlin talked about?

## NEXT

Is there a NEXT STEP that comes to mind or the Spirit has brought to mind while we've been talking?

The challenge from Sunday was to START a daily rhythm to get moving. Don't wait! What is a way you can do that?

*Schedule a time.*

*Set reminders.*

*Use the "transition times" throughout the day (getting up/eating/going/bed).*

*Follow through.*

*See RESOURCES on next page for resources and help.*

How can we support each other as a group in this area?

## CONNECT

Take some time to CONNECT together and PRAY for one another

- Are there any areas of your life that we can celebrate?
- Are there any areas of your life where we can help?
- Are there any areas of your life that we can be praying about?

## COMING UP

- Worship Night at ICC: Friday, January 11<sup>th</sup> from 6:30-8:00PM
- Men's Retreat at Hidden Acres: January 18-20
  - o (go to [www.hacamps.org/mens-retreat.html](http://www.hacamps.org/mens-retreat.html) to sign up)

## RESOURCES & FURTHER READING

Below are some links to resources to help get you started with DAILY RHYTHMS and making time with your Heavenly Father a priority.

*(You can click the links on the PDF or copy & paste the link into any browser)*

### Tools to Help You GET AWAY & PRAY and CONSUME THE WORD

An awesome **Personal Prayer Guide** created by Church of the Highlands to help you learn HOW to pray, WHAT to pray and WHEN to pray.

<http://bit.ly/icchowprayerguide>

A **YouVersion Bible App** devotional that we can do together as a church on the app to get kickstarted into a daily rhythm of devotional time. <http://bit.ly/icchowdevo>

A helpful **Infographic** from Crossway with stats on **how long it actually takes to read the Bible**, and **ideas** for how to get started.

<http://bit.ly/icchowbiblereading>

Download the app or listen online to the **Daily Audio Bible** as daily rhythm to **consume the Word** on your way to work, school or in short bursts throughout the day.

[www.dailyaudiobible.com](http://www.dailyaudiobible.com) *(if you need help paying for the app, contact Pastor Jeremy)*

An article from **Desiring God** to help you start (or refocus) **journaling** as a spiritual discipline.

<http://bit.ly/icchowjournal>