

Lent at



Rhythms of Grace

Life Group/Personal Study Notes

Rhythm 3...I will set aside time for prayer, worship and spiritual reading.

Read... Joshua Ch1 v 1-9 and Mark Ch1 v 35-39

(If you are taking part via a life group you might find it useful to have read these passages ahead of your gathering - jot down from the readings; links with the topic of thought for the week; anything new you have learnt; anything that you don't understand or disagree with or anything the Holy Spirit speaks to you about and personal thoughts. If you are using this study on your own, then your thoughts on the readings will feed into the study and reflections below)

Engaging with God

Research carried out by Willow Creek Community Church across over 1000 churches concluded that "personal time reflecting on Scripture is far and away the most powerful catalyst for spiritual growth."

"The goal is not for us to get through the Scriptures. The goal is to get the Scriptures through to us."

(John Ortberg: The Life You've always Wanted)

Prayer has far more to do with what God wants to do in us than with your trying to "reach" or "realize," still less "entertain," God in prayer. This truth eliminates anxiety and concern as to the success or non-success of our prayer, for we can be quite certain that, if we want to pray and give the time to prayer, God is always successful and that is what matters. . . . What we think of as our search for God is, in reality, a response to the divine Lover drawing us to himself.'

(Ruth Borrow: Essence of Prayer)

For Reflection.....(20 mins)

With the quotes on the previous page in mind

- How do you worship God outside of a Sunday Service?
- What prevents you from regularly reading/studying scripture? Could you be missing out?
- How do you view prayer?

What does scripture say?...(30 mins)

There is a lot to cover in this session therefore spend time studying just one of these options or if being done in a Life Group split into smaller groups and do one each and feedback.

Read **Revelation Ch 4**

Why do you think we are called to worship God? Does God need our praise?

Read **Mark Ch1 v35-39 & John Ch5 v19-20**

Try to imagine how Jesus must have prayed. What different types of prayer do you think he would have used? And what different types should we (and do we) use?

Read **Psalm 119 v1-16 & 105 & 2 Timothy Ch3 v16-18.**

Studying scripture can simply increase our information and knowledge of God, without significantly transforming us to be more like Christ. Do you agree? If so, how do we in our use of scripture move from **information** to **transformation**? Share your own experiences

Chat...(10 mins)... Discuss the priority you place/your small group on prayer, Bible reading and worship. Do adjustments need to be made. How can you help each other? Share how you got on with your 'Live it Out' exercise from last time.

Live it Out and Pray...(30mins)

Look at the "Live it Out 3" exercises and encourage one another to select one (or something of your own choice) to commit to for the next week/fortnight. Remember these exercises help us imitate Christ. Pray for each other that God transforms us by His grace from the inside as we open ourselves to Him. Where possible/appropriate share what you are committing to with others in your group so that you can "spur each other on" and journey together.

"Prayer is talking to God about what we are doing together" (Dallas Willard)