**‘STEPPING STONES TOWARDS SPIRITUAL GROWTH’**

**WEEK 1 – ‘Rhythms of life’ – week beginning 15 July**

 *“Follow me and you’ll recover your life ... walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly”* Matt 11:28-30 (The Message)

As we reflect further on the ‘rhythms of life’ evident in Jesus’ life, read Mark 1:29-39 and 6:30-32 together.

* Pastor David highlighted 4 ‘rhythms of life’ or ‘life patterns’ that are important to our spiritual growth. These are:
* Both GOING and SLOWING
* Both GIVING OUT and TAKING IN
* Both being WITH OTHERS and being ALONE
* Both living in GRACE and living out of INTENTIONAL CHOICES
* Which of these do you think you are most following Jesus’ pattern for living in, and which of them is the greatest growth area for you?
* How can you take steps towards following Jesus ‘rhythm of life’ in that area as you live life?
* What might stop you from taking those steps?
* How can you confront busyness or barrenness in life and faith with wise, God-honouring, purposeful and life-giving ‘rhythms of life’?
* Crash and burn rhythms. Self driven rhythms. Others driven rhythms. Accidental rhythms. God’s rhythms. The reality is that we all have life rhythms. How are our life rhythms helping us to grow spiritually or how are they having the opposite effect?
* Break into pairs and share the one’ next step’ for you to take in living out God’s ‘rhythms of life’. Pray for each other and encourage one another moving forward in this.