

one minute recap

If we want to experience real life in Christ, then we should commit to a strong, regular, repeated pattern of activity that looks a lot like how Jesus lived his life.

Four L.I.F.E. Rhythms

LEARN



study about who God is together

INVEST



share time and meals with others

FOLLOW



Put into practice what we see Jesus doing

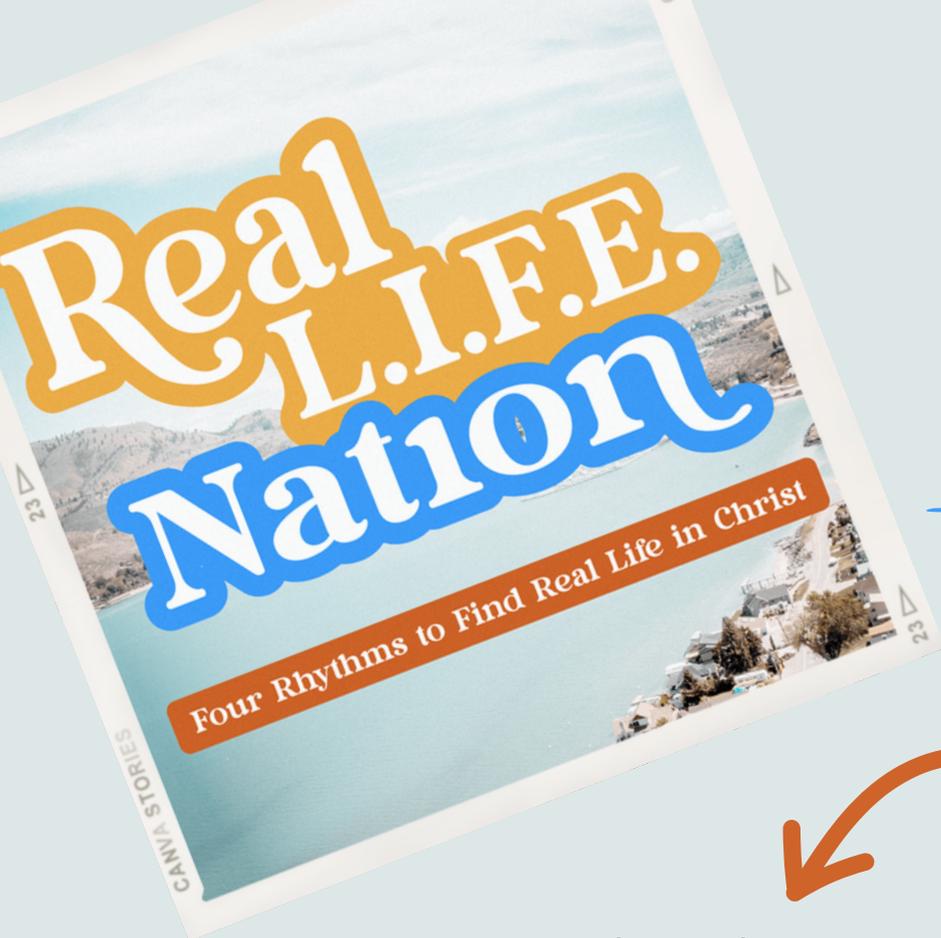
ENGAGE



Serve the community around us

Q + A

- Which of the four rhythms above are you most consistent with?
- Which one are you least likely to do?
- What rhythms (strong, regular, repeated patterns) do you already have in life if not these?



learn

9 How can a young man keep his way pure?

By guarding it according to your word.

10 With **my whole heart** I seek you; let me not wander from your commandments!

11 I have stored up your word **in my heart**, that I might not sin against you.

12 Blessed are you, O Lord; teach me your statutes!

13 **With my lips** I declare all the rules of your mouth.

14 In the way of your testimonies I **delight**

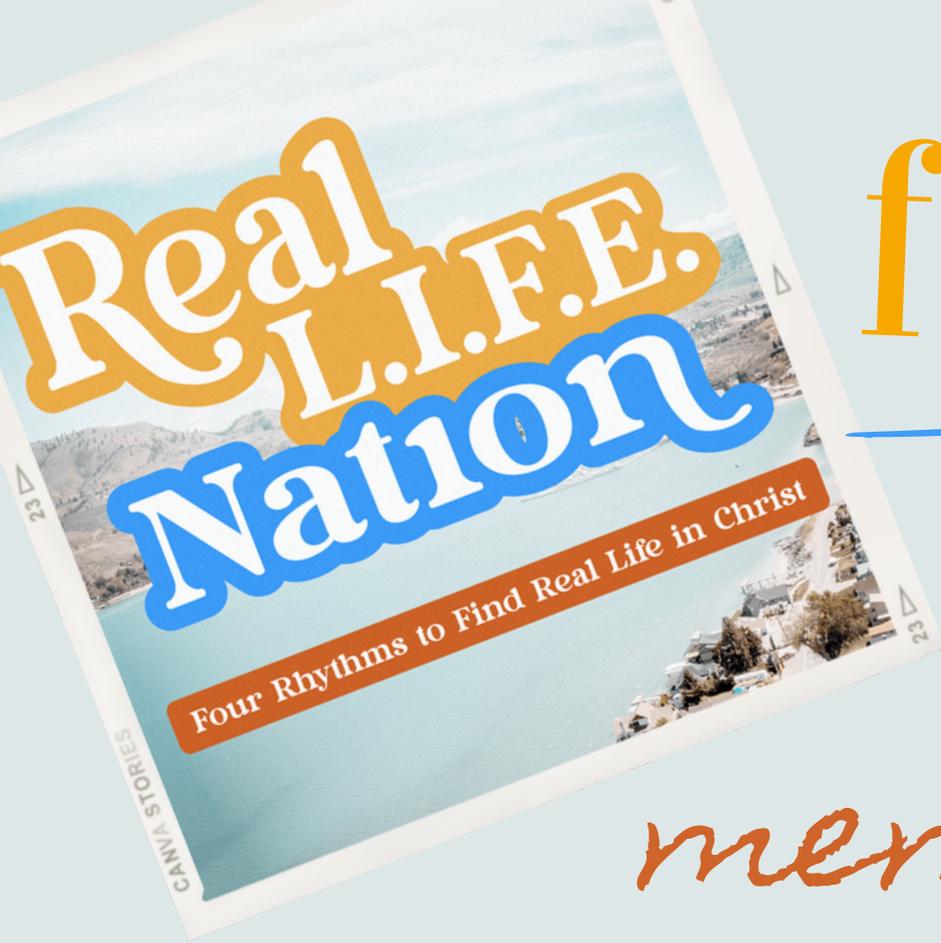
as much as in all riches.

15 **I will meditate** on your precepts and **fix my eyes** on your ways.

16 **I will delight** in your statutes; I will not forget your word.

Read Psalm 119:9-16

- How many different words does the writer use to describe God's word?
- What do you notice about the writer's tone in this Psalm? What would you say his attitude is?
- What part stands out to you most? Why?



follow

memorize

Choose a passage from the right-hand column to memorize this week.

Please come next week ready to share with the group what you memorized and why.

- Philippians 3:16-17
- 2 Timothy 3:16-17
- John 7:37-38
- Matthew 4:4

Ask people in your Group about needs they know within your own L.I.F.E. Group or in the greater community.

Come up with a plan to meet that need as a L.I.F.E. Group before the next time you get together.

engage