

# TRANSFORMATION

## WEEK 1: RHYTHMS OF THE SPIRIT

### DISCUSSION GUIDE

**LEADER'S NOTES:** God is a God of rhythm, seasons and perpetuating motion. All creation points to this from whirling electrons to entire solar systems.

There are natural rhythms that reveal our priorities like spending time with our family on a specific night of the week. There are also spiritual rhythms like making time to read God's Word and pray.

Prayer is all about having conversation with God. There is not a wrong way to talk with God.

Jesus told his disciples when they pray they were to start by saying our Father (**Luke 11:2**). It is interesting that Jesus decided to help us understand prayer by revealing that it resembles a conversation between a child and a father.

If you think about a child who has a healthy relationship with their father you can get the picture of what Jesus was trying to express.

#### **DISCUSSION QUESTION:**

1. When you think of a child communicating with his or her father what comes to mind in regard to the ages and stages of communication?

There are spiritual ages and spiritual stages as well. We see these stages defined in Scripture.

*Heb 5:12-14 though by this time you ought to be teachers, you need someone to teach you the elementary truths of God's word all over again. You need milk, not solid food! 13 Anyone who lives on milk, being still an infant, is not acquainted with the teaching about righteousness. 14 But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.*

#### **DISCUSSION QUESTION:**

2. Share something God has been revealing to you lately? This could be something you sense God has been speaking to you or perhaps something you've noticed as you've read your Bible lately.
3. What are some current rhythms and patterns you have in place to express the priority in your life of pursuing a conversational relationship with God?
4. Are there any rhythms or patterns you plan to set into motion this week to more effectively pursue this conversational relationship of prayer? Next week we can discuss how the week has gone.

In an effort to help people develop a pattern of prayer it is important to make some time to pray.

Perhaps you could conclude your group by inviting everybody to pray as they feel so led. When you do this it is good to have asked a few people in advance so you have support for this endeavor of prayer together.

#### **We Bring GP2RL Action Point:**

Initiate one consistent rhythm to seek God more intentionally this week.