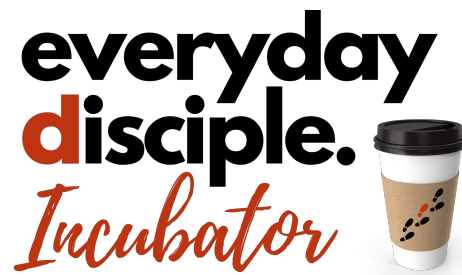




# Module 5

## Discipleship Rhythms





## Module 5 | Discipleship Rhythms

*Discipleship was designed by God to happen in the normal rhythms of everyday life!*

👁️ We are learning that God has created all of life with a series of rhythms that everyone already naturally lives in. Because of this, discipleship no longer seems like something *additional* that has to be added to your daily life with others. You can learn to live with new *intentionality* in ways that easily fit disciple-making into your schedule and family life.

**Ephesians 5: 15-15** (TPT) *"So be very careful how you live, not being like those with no understanding, but live honorably with true wisdom, for we are living in evil times. Take full advantage of every day as you spend your life for his purposes."*

### 6 RHYTHMS

Story-formed

Listen

Celebrate

Eat

Bless

ReCreate



## 6 RHYTHMS That Everyone Lives In

We live in these rhythms with increasing gospel-intentionality and help those we are discipling do the same...

### **Story-formed – *We understand, experience and intersect with God's Story and Other's***

God has been unfolding his Story since before time began. We believe we are participants in the Story and need to understand it and see how our lives intersect with it. Therefore, we regularly reacquaint ourselves with the Story by interacting with God's Word. We look for ways and times to tell the Story often. We also take time to listen to others stories and help them find their lives within God's Story.

(Genesis 1:1-2; John 1:1; Psalm 1; 2 Timothy 3:16-17)

*Q: Everyone has a story and has been shaped by a dominant story, how well do you know (and teach) the Story of God and help others connect their stories to God's BIG story?*

### **Listen – *We set aside regular times to listen to God both backward and forward***

Jesus listened to God in prayer to know his Father's will. We are also called to listen to God. We listen 'backward' by regularly interacting with God's Word—the Story and the Son. We also believe he speaks today through his Spirit in us and through creation. We spend time actively listening 'forward' to hear what God is saying to us today.

(Mark 1:35-37; John 16:7-15; Hebrews 1:1-3; Romans 1:20)

*Q: Who or what are you most listening to? How are you listening "backward" through God's Word and "forward" to the Spirit and through others in your community?*

### **Celebrate – *We gather together to celebrate God's extravagant blessings***

God calls people to regularly celebrate his goodness and grace. We gather weekly in missional communities and regularly as a larger family, to share stories and celebrate all that God is doing in and amongst us. We invite everyone to these celebrations as a way of displaying God's glory.

(Leviticus 23; Acts 2:42-47; Hebrews 10:24-25)

*Q: Who or what are you celebrating? How are you regularly celebrating God's extravagant generosity together as a community? How are you inviting others to the party?*

## **Eat – We regularly eat meals with others to invite them into the community of God**

Meals are a daily reminder of our common need for God and his faithfulness to provide both physically and spiritually. Jesus called us to remember him and his sacrifice for us through a meal. When we eat together, we commune around this truth. We regularly eat meals with those not in our immediate family or circle of close friends, discipling them toward a life of dependence on God.

(Leviticus 23; Matthew 6:11; 26:17-30; Acts 2:46-47; Romans 12:13)

*Q: We all live in a rhythm of eating approximately 21 meals each week, how many of your mealtimes are you sharing with others unto God's glory and as part of disciple-making?*

## **Bless – We intentionally bless others through words, gifts or actions**

God desires that all nations—all people—would be blessed through Jesus. And now, as his Body, we believe we live out this mission as we bless others. We intentionally seek God's direction for who he would have us tangibly bless each week.

(Genesis 12:1-3; Ephesians 1:22-23; 2:8-10; 1 Peter 2:12)

*Q: We are all super-resourced and blessed to be a blessing, how can you intentionally bless others through words, gifts or actions each week? Individually and as a community.*

## **ReCreate – We take time to rest, create and restore beauty in ways that reflect God to others**

After powerfully and joyfully creating the universe, God rested. We were created in his image and therefore were made to joyfully create and rest as well. We regularly take time to rest, play, create and restore beauty in ways that reflect what God is like to our community.

(Genesis 1-2:3; Deuteronomy 5:12; Mark 2:23-28; Hebrews 4)

*Q: Are you regularly resting in ways that refresh you and remind you of Christ and his completed work on the Cross?*



You can learn to tell the Story of God in community with others. Here are full sets of Story narratives with dialogue questions, leaders guide and training videos.

**Go to:** [everydaydisciple.com/story](https://everydaydisciple.com/story)

## Key Takeaways From This Lesson

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1. What would change if more and more people in your life had the opportunity to engage in God's story in meaningful ways in a safe, shared environment?

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2. How often do you spend time earnestly listening to God? In what ways could you begin to cultivate the rhythm of listening forward to God through times of quiet and solitude?

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3. How could celebrations be infused with good news that serves as a demonstration of what Jesus is truly like? Who should participate in these celebrations?

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4. When you think about beginning to live in a rhythm of eating with others, what challenges do you see? What fears arise in your heart? Who are three people or couples you could invite over for a meal in the very near future?

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5. What has God given you in life that He may be wanting to use to bless others with and show His love uniquely through you?

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6. What are the most restful, restorative activities in your life? Could these become a rhythm?

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## Action Steps

1. Pick one of the 6 Discipleship Rhythms that appeals to you most.

*Which rhythm did you pick and why?* \_\_\_\_\_

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2. How will you begin to engage in this Rhythm **with others** right away?

*With who specifically, when, how? Don't delay...get this on the calendar now!*

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### *Thinking Ahead...*

3. Make / Print a copy of the 6 Discipleship Rhythms (*make one up, print the above image, or pages from this worksheet.*) **Post it up somewhere you will see it every day.**

4. Begin to notice how you are already engaged in each the 6 Rhythms.

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5. Which of the 6 Rhythms do you feel like you have the *most* gospel-intentionality with currently?

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5. Which of the 6 Rhythms do you feel like you have the *least* gospel-intentionality with currently?

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## Additional Notes: