



Sermon Discussion Guide
Reset: Hold Onto Healthy Rhythms
Sunday, May 9, 2021
Based on Pastor Jason's Message

Introduction

We're beginning a series called *Reset*. We all have different thoughts and feelings about being out in public again, going back to school, work, or not. As we're adjusting to the world beginning to reopen and regather we may be asking questions like, "What's going to change? What should stay the same? What have we learned during our time apart?" In this series, we're going to be looking at some wisdom from God that can help us, and aim toward a healthy reset. In this first lesson, we learn that we can discover new spiritual rhythms for our lives.

To watch this week's sermon before your group discussion, go to www.journeyoffaith.com/messages

Share Your Story

1. What's one thing you learned about yourself while under quarantine this past year?

Hear God's Story

2. In 50 AD the Roman emperor at that time kicked all of God's people out of Rome. Four years later he died, and a new emperor took over and said they could all come back. But when they came back to regathering and reopening, they noticed things had changed a bit while they had been apart. In Romans 12, the apostle Paul basically says, "Here's how you can treat each other during this time of adjustment."
 - a. Read Romans 12 straight through. What is Paul saying here?
3. What one thing can you learn from this chapter about the heart of God?
4. We can discover new spiritual rhythms of our lives by realizing that God wants to be part of every aspect of our lives (*see Romans 12:1*). What's one healthy rhythm you discovered in 2020 that God wants you to hold onto?
5. In Romans 12:2 Paul was saying that if we want to discover a new spiritual rhythm in our lives, we need to renovate our thinking so God can change our lives. What are some unhealthy rhythms that you can identify in your own life that need to change?
 - a. Some examples could include themes like: motivation, wellness/health, being overly critical, misplaced identity, addiction/sin, or relationships.

Create a New Story

6. How can you start to change *one* unhealthy rhythm this next week, and who are you going to bring in to help hold you accountable to that?

Further Studies: Healthy Rhythms and Whole Life Dedication to Jesus

Dr. Mireia Ryšková, a theologian and professor in Prague, helps us see this week's text from a further perspective. She notes that Paul in Rom. 12:1-2 is inviting us to what can be called a holiness of life, which is a whole lifestyle bathed in gratefulness to God and service to others that we embrace more as we identify with God's heart more. This pursuit of living a holy life is key to progress in spiritual maturity, and is rooted in each individual's participation in the community around them. Basically, if we want to grow in the spiritual life and lead a more holy life that brings the most glory to God, then seeking God in the context of others is kind of a big deal.

She writes in reflection to the sacrifice analogy Paul used in verse 1, and of which Pastor Jason mentioned in his sermon, the following:

"[In this text we see that] a Christian is a sacrificer as well as a sacrifice, the same as Jesus Christ; the Christian, however, carries this out by their everyday life as continuously repeated conduct [...] Offering one's own self as a living sacrifice to God means self-offering for service." (*Read that one more time.*)

Dr. Ryšková is noting here that Paul regards our life, (how we interact with others, our worldview, what we let trigger us, how we forgive, our day's priorities, etc.), as a complete dedication to Jesus. This complete life dedication confronts our propensity toward self centeredness and egoism, and frames a life lived for the Jesus of the Bible as others focused. And that, is then manifested by a life filled with, and lived from, God's love toward self and others.

Article Cited:

Ryšková, Mireia. "Holiness as a Process of Growing into Spiritual Adulthood (Rom 12:1-21)." *Communio Viatorum*, vol. 61, no. 1, 2019, pp. 15-27.

Discuss

1. What one thing challenges you the most about Dr. Ryšková's contemplation?
2. What worldview or outlook do you need to work on so you can better view Rom. 12:1-2 as a whole life dedication, rather than just a thing we do on Sundays, in our Life Groups, or when people are watching?
3. Why would God want us to daily work on this, and have this kind of outlook?

For Parents: Repackaging for Youth

4. For those who have young children at home, what are some ways you could teach this lesson to them that takes into account their age and learning level?

For questions about this curriculum, contact Pastor Matthew Jensen at matthew.jensen@journeyoffaith.com