



Our Rhythms

Scripture Guide

A PRAYER BEFORE READING SCRIPTURE

We praise and thank you
glorious Lord Jesus Christ,
for being present among us and in us.

In us you praise the Father
with the voice of the Spirit,
whom you have given us.

Lord, may this voice of the Spirit
be roused in us

as we listen to the words of Scripture
in a manner that is worthy and fitting,
appropriate to the meaning of the text and
in harmony with what is revealed to us.

Make us ready to recognize
how we can correspond
to the teaching and example proposed to us.

For you are God, living and reigning
for ever and ever. Amen

— Carlo Maria Martini SJ

O BREATH OF GOD

O breath of life, come sweeping through us,
Revive Your church with life and power;
O Breath of life, come, cleanse, renew us,
And fit Your church to meet this hour.

O wind of God, come bend us, break us,
Till humbly we confess our need;
Then in Your tenderness remake us,
Revive, restore, for this we plead.

O breath of love, come breathe within us,
Renewing thought and will and heart;
Come, Love of Christ, afresh to win us,
Revive Your church in every part.

O heart of Christ, once broken for us,
'Tis there we find our strength and rest;
Our broken, contrite hearts now solace,
And let Your waiting church be blessed.

Revive us, Lord! Is zeal abating
While harvest fields are vast and white?
Revive, us Lord, the world is waiting,
Equip Your church to spread the light.

— Bessie Porter Head
(1850–1936)



OUR
CAUSE

to **Experience**
and **Express**
the **Essence**
of **Jesus**

OUR HOPE // OUR VISION

Jesus is our destination and the center of our lives. In other words it's all about him. The more that Jesus is the center of our lives, the more our lives are satisfied and fulfilled. Jesus desires that we experience his very essence every day. But he also desired that what pours into us would overflow and be expressed to those around us. This is why our cause is to Experience and Express the Essence of Jesus. Transformation is the process in which we experience more of his life in us and through us. Jesus invites us into this transformation process as we align our selves with the values he held.

Grace Chapel has chosen to make these values our rhythms as a church. These rhythms shape everything that we do as elders, pastors, and leaders. These rhythms play out in every community: kids, youth, adults, and all of our justice and compassion initiatives, whether local or global. If something doesn't fall within these rhythms, we choose not to do it as these are our guiding principles.

There are intentional practices for our daily lives that can align us to experience him and express him deeper. Rhythms are strong, repeated kingdom values, adopted to align us to be formed into the likeness of Jesus Christ. We call them "Rhythms" instead of values because if values are not practiced consistently, they are just good intentions. These Rhythms posture and position us to receive the fullness of life that God promises. They help us embrace the opportunities in front of us and overcome the obstacles that beset us.

Imagine a double sided funnel. As we practice these Rhythms in a consistent or disciplined way, our hearts and lives become widened positioning us to experience Jesus more. But as God pours into us, these rhythms also serve to empty out through our lives as we express Jesus more. These Rhythms were the same Rhythms that Jesus passed on to his disciples. These Rhythms were never meant to be experienced and expressed in isolation or loneliness, they were cultivated in the context of discipleship.

Do you want to experience the overflowing abundance of Jesus in your life? Do you want to express the life of Jesus to others? Maybe it's out of desperation? Maybe it's out of spiritual boredom? Maybe it's out of a stagnating status quo? Maybe it's out of a craving hunger or thirst for more?

We pray that Our Rhythms scripture guide will help you on your journey.

HOW TO USE THIS SCRIPTURE GUIDE

God Speaks

God speaks to us continually: through the visible Creation; through God's people; through the events and experiences of our lives; and through the Written and Living Word. By the illuminating work of the Holy Spirit we learn to discern God's voice as He speaks directly to our deepest places.

This Scripture guide is designed to aid you as you engage with Scripture around the formational Rhythms, and practice being attentive to the voice of God encountered through His written Word. The overarching question to keep in mind as you read is: ***What is God saying to me through this passage?***

The Rhythms Scripture Guide

Each week focuses on one of ten "rhythms" of discipleship, a core value that when repeatedly practiced positions us to experience God's transformative work in our lives. Each week contains:

1. A definition of one of the discipleship Rhythms.
2. Five scripture references, one for each work day.
3. A list of additional Scriptures for optional further exploration.
4. Application questions to help you integrate the week's insights.

Meeting God through the Bible

There are many ways to meditate upon and study Scripture, but we have suggested a Head-Heart-Hands format to use in reflecting on the daily Scripture passages. Space is given for you to record your prayerful reflections, so that you can revisit what God has been teaching you. This journal will be a powerful record of your interactions with God and a great tool for engaging in deeper reflection with others.

Preparing to Listen:

It is important that we prepare ourselves to encounter God in His Word. Find a place free from distraction where you can be alone with God. Spend a few seconds in silence before you begin. As you turn to the relevant passage remind yourself that since God is omnipresent, He is present with you. Take a few deep breaths as you invite the Holy Spirit to facilitate your encounter with the Living Word, Jesus.

We have included on the inside cover a short “Prayer before reading Scripture”. Feel free to reword it to more accurately express your own desires.

HEAD (Think)

As we come to the assigned passage we ask the question: What do I learn in this passage? Consider: What does the passage teach about God? The Human Condition? The Church? Our Mission? How to live (or not live)? What are the promises made, commands given, or warnings to be heeded? What insights does this passage give regarding the specific Rhythm? As you read, be alert for words or phrases that arrest your attention and talk with God about why He highlighted them to you.

HEART (Feel)

Read through the passage slowly and pay attention to your affective response to what you read. What are your emotional responses to the various phrases you read? Do you feel encouraged? Convicted? Guilty? Sorrowful? Anxious? Comforted? Confused? As you acknowledge your emotional responses, talk with God about WHY you feel this way. Why did you feel encouraged by the passage? Why did you feel anxious in response to the words? Allow God to use your emotions to reveal the issues in your heart in a deeper way.

HANDS (Act)

Lastly, we read again, and consider the question: What might I do in response to the passage? More importantly, what is God inviting you to do in response? Is there an action to take? A truth to meditate on? A confession to make? If how we are living is not in alignment with what we read, we ask for God’s help as we begin the process of change.

Concluding your time:

Conclude your time by thanking God for meeting with you! You may find it helpful to reflect upon your time with God and summarize your conversation into a short phrase to carry with you through the day.

CULTIVATING

RHYTHM *ONE*

CULTIVATING Community with Others

As image-bearers of God, humanity was created to live in community. The church is in its greatest expression of love when we live in close proximity with each other as a community that gathers around the person of Jesus. Discipleship happens best in the context of relationships as we invite, invest, and inspire one another.

JOHN 17:20-26

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

HEBREWS 10:19-25

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ACTS 2:41-47

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

EPHESIANS 4:1-16

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

JOHN 13:34-35, 15:12-17

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ADDITIONAL SCRIPTURES

Romans 12:3-12

1 Corinthians 12:12-31

1 John 4:7-21

Proverbs 17:17

1 Peter 2:4-10

1 Peter 4:8-10

Matthew 28:16-20

APPLICATION QUESTIONS

1. According to the passages what are the positive benefits when a community is in unity under Christ? Why is unity important to God?
2. Why is it important to be in community outside of Sunday? What are the downfalls when we are not?
3. What is one thing you could do in partnership with the Spirit to cultivate healthy community?

NOTES/THOUGHTS

DYING

RHYTHM *TWO*

DYING

The Christ-Centered Life

Jesus declares that dying to self, dying to our agendas, dying to our preferences and ideals, and making Him the center of our lives actually leads to a full, abundant, and meaningful life.

LUKE 9:18-27

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

GALATIANS 2:17-21

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

JOHN 12:24-26

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

COLOSSIANS 3:1-11

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

JOHN 10:11-18

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ADDITIONAL SCRIPTURES

1 Peter 2:13-25

1 Peter 4:1-11

John 10:11-18

John 13:1-17

2 Corinthians 5:16-21

APPLICATION QUESTIONS

1. According to these passages, why do we have to die? How do we die to self?
2. Think of a time when you had to die to self. Why was it hard? What fruit have you seen in dying to self?
3. What is something you need to die to immediately in order to live in Christ? (If you need a starting place, read through Colossians 3:5-8 again) What are some intentional steps you can take this week?

NOTES/THOUGHTS

RHYTHM *THREE*

LIVING

The Spirit-Filled Life

Instead of our feeble, inadequate, and debilitated striving, Jesus promised the provision of the Holy Spirit. He has provided us with an endless supply of His life being lived through us, and in spite of us, by the indwelling of the Holy Spirit.

GALATIANS 3:1-3, 5:16-26

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

JOHN 14:1-31

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ROMANS 8:1-17

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ACTS 2:1-4, 14-24

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

1 CORINTHIANS 13 & 14

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ADDITIONAL SCRIPTURES

Ezekiel 36:22-32

Ephesians 5:15-23

John 6:63

2 Timothy 1:6-7

2 Corinthians 3:17-18

Hebrews 13:20-21

APPLICATION QUESTIONS

1. Make a list from the passages for this week of all the things the Holy Spirit does in our lives.
2. How can you tell when *you* are walking in your own strength rather than walking in the Spirit? (eg. reading the Bible or doing work in your own strength rather than depending on the Spirit).
3. Which of the things from question 1 do you most want to see in your life? What is one thing you could do this week to invite the Holy Spirit to do more of that in you?

NOTES/THOUGHTS

RHYTHM *FOUR*

ALIGNING

Prayer & Humility

Aligning is about creating space in our schedules to meet with God, giving Him permission to search our hearts and minds for any thought, feeling, or motive that is out of alignment with all that He desires for us.

PSALM 139

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

PHILIPPIANS 2:1-18

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

PHILIPPIANS 4:4-9

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

LUKE 11:1-13

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

JEREMIAH 17:5-10

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ADDITIONAL SCRIPTURES

Genesis 6:5-8
James 4:7-10
Psalm 149

2 Corinthians 12:9-10
Matthew 5:3-10

APPLICATION QUESTIONS

1. How do we align ourselves with God according to these passages?
2. Why is creating space to meet with God essential for aligning our hearts and lives with His?
3. What is Godly humility? In what situations do you find it hard to be humble?

NOTES/THOUGHTS

STEPPING

RHYTHM *FIVE*

STEPPING

Into the Misery & Margins

Stepping into the margins is more than awareness or advocacy, its about associating, sharing life, and rescuing those who have been ignored and victimized by this cruel world. We share love in practical ways and share the gospel boldly in order to heal the sick and set the captives free.

LUKE 4:14-21

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

**PSALM 82:3-4, PROVERBS 21:3,
DEUTERONOMY 10:17-19**

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

JAMES 1:19-27

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

MATTHEW 25:31-46

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

MARK 1:21-45

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ADDITIONAL SCRIPTURES

Isaiah 58:6-12

Matthew 9:35-38

Luke 10:25-37

James 5:13-22

John 5:1-8

APPLICATION QUESTIONS

1. Make a list from the passages of groups of people who are referenced and how we are called to care for these marginalized people?
2. We step into the misery and margins because “Christ’s love compels us” (2 Cor 5:14), but what are some of the faulty motives that cause you to step in (or not to step in?)
3. One older worship song says: “Break my heart for what breaks Yours” How can we come to see the world as God sees the world?

NOTES/THOUGHTS

LEVERAGING

RHYTHM *SIX*

LEVERAGING

All That We Have

Leveraging all that we have for God's greater purpose is about realizing that all we have has been entrusted to us by God so we can play a part in his redemptive story for this world and my life

MATTHEW 25:14-30

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

1 PETER 4:7-11

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

2 CORINTHIANS 9:6-11

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

2 CORINTHIANS 1:3-7

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

1 KINGS 17:7-16, LUKE 21:1-4

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ADDITIONAL SCRIPTURES

2 Corinthians 8:1-15

Colossians 3:23-24

1 Samuel 25:1-25

2 Kings 4:8-37

APPLICATION QUESTIONS

1. From the passages, what categories of resources does God call us to leverage? What are the attitudes we should have when contributing and the effects of our giving?
2. Our sense of ownership often gets in the way of our generosity. Contemplate this question: “Why do I really think what I have is mine?”
3. What is the most costly gift I can give that doesn’t cost money? What redemptive story in my own life is God calling me to share with others? Is there a talent/gift that I’ve been given that has been buried or lying dormant that needs to be invested in the kingdom?

NOTES/THOUGHTS

BREATHING

RHYTHM *SEVEN*

BREATHING

The Word In & Through Us

The Bible is more than a how-to, self help book. Breathing God's Word is about taking a deep breath and inhaling all that He desires for us to absorb. At the same time, His Word is not intended to just remain in us but that we would exhale and share His message to those around us.

JOHN 15:1-17

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

2 TIMOTHY 3:14-17, HEBREWS 4:12

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

PSALM 19

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

MATTHEW 13:1-13

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

EPHESIANS 5:15-23, 1 PETER 3:15

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ADDITIONAL SCRIPTURES

1 Thessalonians 2:13
Romans 10:14-15
Psalm 1
Luke 4:1-13

Joshua 1:7-9
1 Corinthians 14
2 Timothy 2:15

APPLICATION QUESTIONS

- 1. According to the passages, what are the benefits of abiding in God’s Word?
- 2. In light of the previous answers, why do I not read the Bible?
- 3. Based on Ephesians 5:19, Identify a person in your life and ask God to show you how to breathe the Word of God into their life...Then do it!

NOTES/THOUGHTS

WORSHIPPING

RHYTHM *EIGHT*

WORSHIPPING

Glorifying & Enjoying God

Worship is a lifestyle that permeates every aspect of our lives. Worship is seen in how we manage our money, how we run our businesses, how we parent our kids, how we respond to people, and how we manage our dreams and ambitions. The heart of worship is a heart that seeks God's presence and enjoys God for who He is and all that He has done for us.

PSALM 145

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ROMANS 12:1-2

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

REVELATION 4:1-11

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

2 SAMUEL 6:1-23

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

HEBREWS 13:15-16

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ADDITIONAL SCRIPTURES

- | | |
|-----------------------|------------------|
| John 4:23-24 | Exodus 20:1-17 |
| Psalms 86:9-10 | Luke 19:36-40 |
| Philippians 2:10-11 | Matthew 15:7-9 |
| 1 Chronicles 16:23-31 | Matthew 25:14-30 |
| Isaiah 44:9-23 | |

APPLICATION QUESTIONS

- 1. These passages show a pattern of worship throughout Scripture. How do we worship according to the passages?
- 2. We are called to worship God with all of our lives, yet we tend to worship the things in our lives. What is your biggest idol that stands in the way of worshipping God? What would it take to tear it down?
- 3. Write your own psalm of praise. If that seems overwhelming, try rewriting Psalm 145 in your own words.

NOTES/THOUGHTS

RHYTHM ***NINE***

NURTURING Family on Mission

A family that serves God by being on His mission, changing the lives they touch as well as their own. As families pray together, discuss God's Word together, serve together and love a broken world together it empowers them to live out their faith side-by-side.

DEUTERONOMY 6:4-9

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ROMANS 10:8-15

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

EPHESIANS 5:21-6:4
COLOSSIANS 3:18-25

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

1 PETER 2:11-17

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

MATTHEW 5:13-16

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ADDITIONAL SCRIPTURES

Matthew 28:16-20

Joshua 24:15

1 Corinthians 13:4-7

Acts 13:47

Nehemiah 4:13-14

APPLICATION QUESTIONS

1. Based on these passages, how can we represent God in the world?
2. What mission field can you see from your front door? What is God's heart for those people? How might you/your family express God's heart to them?
3. Write out a personal/family mission statement. (Try to include a kingdom component in your mission statement)

NOTES/THOUGHTS

RHYTHM *TEN*

IDENTIFYING

Baptism & Communion

Being a follower of Jesus means being a part of something bigger than our individual selves. Baptism and communion are sacred experiences that represent both the individual inward commitment to a personal relationship with Jesus and the corporate outward declaration of being connected to a local community of Christ followers—the local church.

MATTHEW 3:1-17

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

1 CORINTHIANS 12:12-14

EPHESIANS 4:3-6

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

JOHN 6:25-59

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

MATTHEW 28:16-20

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

1 CORINTHIANS 11:17-34
MATTHEW 26:17-30

HEAD (*Think*)

HEART (*Feel*)

HANDS (*Act*)

ADDITIONAL SCRIPTURES

Ephesians 6:1-20

1 Peter 3:17-22

Acts 8:26-40

Romans 6:1-18

Isaiah 53:3-5

Ephesians 3:14-21

Revelation 19:6-10

1 Peter 4:12-19

APPLICATION QUESTIONS

1. From the passages and from your own thinking: In what ways are baptism and communion both a one time event, and an ongoing posture?
2. In what ways do baptism and communion involve both inward commitment and outward expression?
3. In baptism and communion we publicly declare the good news of the death and resurrection of Jesus. Who has God placed in your life in order to hear the gospel from you?

NOTES/THOUGHTS

PROPHETIC WORDS

ROMANS 15:13

MAY THE GOD OF HOPE

FILL YOU WITH ALL

JOY AND PEACE

AS YOU TRUST IN HIM,

SO THAT YOU MAY

OVERFLOW WITH HOPE

BY THE POWER OF

THE HOLY SPIRIT

Grace Chapel

gracechapelonline.org

503-570-2988

9025 SW Hillman Ct #3128

Wilsonville, OR, 97070, USA