

# NEXT RIGHT STEP



## Week #2: Purposeful Rhythms

- Purposeful rhythms are \_\_\_\_\_.

*In the beginning God created the heavens and the earth.*

Genesis 1:1 (NLT)

*And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.*

Genesis 2:3 (NLT)

- Purposeful rhythms were \_\_\_\_\_.

*Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.*

Mark 6:31 (NLT)

*As soon as Jesus heard the news, he left in a boat to a remote area to be alone. But the crowds heard where he was headed and followed on foot from many towns. <sup>14</sup> Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them and healed their sick.*

Matthew 14:13-14 (NLT)

*Early the next morning Jesus went out to an isolated place. The crowds searched everywhere for him, and when they finally found him, they begged him not to leave them. <sup>43</sup> But he replied, "I must preach the Good News of the Kingdom of God in other towns, too, because that is why I was sent."*

Luke 4:42-43 (NLT)

*Then, accompanied by the disciples, Jesus left the upstairs room and went as usual to the Mount of Olives. <sup>40</sup> There he told them, "Pray that you will not give in to temptation."*

Luke 22:39-40 (NLT)

- Purposeful rhythms are part of our \_\_\_\_\_ and our \_\_\_\_\_.

*...we shall become mature people, reaching to the very height of Christ's full stature. 14 Then we shall no longer be children, carried by the waves and blown about by every shifting wind of the teaching of deceitful people...*

Ephesians 4:13-14 (GNT)

The goal is not to \_\_\_\_\_ busyness and pressures, but to \_\_\_\_\_ purposeful rhythms that \_\_\_\_\_ health in the midst of busyness and pressures.

Rhythm	Personal	Marriage	Kids	Finances
Daily				
Weekly				
Monthly				
Seasonally				
Yearly				

- Remember ongoing \_\_\_\_\_ is much more important than short-term \_\_\_\_\_.

### Discussion Questions

1. In Genesis 1:1 and Genesis 2:3, God establishes a rhythm of work and rest. How do you see this rhythm reflected in your own life? Are there areas where you struggle to balance work, rest, and worship?
2. Jesus modeled purposeful rhythms in His life, withdrawing to pray and then re-engaging with people. What practices can you adopt to emulate Jesus' rhythm of solitude and service?
3. How are you intentionally creating rhythms in your daily life to stay spiritually, emotionally, and physically healthy amidst life's pressures?
4. What pressures or responsibilities in your life could benefit from being reframed within a purposeful rhythm? How might this change impact your overall well-being?

## Recommended Resources

- Rhythm Refresh: <https://www.hosannawong.com/refresh>
- [You Are More Than What You've Been Told, by Hosanna Wong](#)
- [The Ruthless Elimination of Hurry, by John Mark Comer](#)
- [An Unhurried Life, by Alan Fadling](#)
- [The Unhurried Leader, by Alan Fadling](#)

(NLT) New Living Translation

(GNT) Good News Translation

## Week #2: Purposeful Rhythms - **FILL**

- Purposeful rhythms are created by God.

*In the beginning God created the heavens and the earth.*

Genesis 1:1 (NLT)

*And God blessed the seventh day and declared it holy, because it was the day when he rested from all his work of creation.*

Genesis 2:3 (NLT)

- Purposeful rhythms were lived by Jesus.

*Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.*

Mark 6:31 (NLT)

*As soon as Jesus heard the news, he left in a boat to a remote area to be alone. But the crowds heard where he was headed and followed on foot from many towns. 14 Jesus saw the huge crowd as he stepped from the boat, and he had compassion on them and healed their sick.*

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*Then, accompanied by the disciples, Jesus left the upstairs room and went as usual to the Mount of Olives. 40 There he told them, "Pray that you will not give in to temptation."*

Luke 22:39-40 (NLT)

- **Purposeful rhythms are part of our maturity and our responsibility.**

*...we shall become mature people, reaching to the very height of Christ's full stature. 14 Then we shall no longer be children, carried by the waves and blown about by every shifting wind of the teaching of deceitful people...*

Ephesians 4:13-14 (GNT)

**The goal is not to eliminate busyness and pressures, but to embrace purposeful rhythms that ensure health in the midst of busyness and pressures.**

<b>Rhythm</b>	<b>Personal</b>	<b>Marriage</b>	<b>Kids</b>	<b>Finances</b>
<b>Daily</b>				
<b>Weekly</b>				
<b>Monthly</b>				
<b>Seasonally</b>				
<b>Yearly</b>				

- **Remember ongoing consistency is much more important than short-term intensity.**

## Discussion Questions

1. In Genesis 1:1 and Genesis 2:3, God establishes a rhythm of work and rest. How do you see this rhythm reflected in your own life? Are there areas where you struggle to balance work, rest, and worship?
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