

WEEK 4

LESSON GUIDE

RHYTHM

For a lot of us, music is a central part of our lives. In the car, at school, or even just walking through a store, music plays in the background. Music can be more than fun and entertainment for us, though. While the best rhythms and beats can make us want to dance or help us focus to handle our work, they also help us understand how we can develop healthy habits for our spiritual lives. With the right habits, we can set ourselves up to grow closer to God than we could ever imagine. In this four-week series, we'll take some time to explore how we can build rhythms that help us connect with God in new ways. We'll discover how to build a strong rhythm that can sustain us through whatever life brings our way. We'll look at how to create rhythms that help us **spend time with God, use our gifts, share our stories, and spend time with others.**

THIS WEEK

BIG IDEA

Create rhythms to spend time with others.

BIBLE

Acts 2:42–47

SCRIPTURE | Acts 2:42–47

- The New Testament book of Acts shows us how the earliest followers of Jesus got together, became close friends, and started the first churches.
- **INSTRUCTIONS:** Read **Acts 2:42–47**.
- The church started as a simple gathering of people who often met in homes. It was people you chose to share life with. More importantly, there were three specific things the Scriptures tell us the Early Church would intentionally and regularly do together that helped them build friendship and community.
 - **Spend time with people who devote themselves to God's words:** These early Jesus followers were loving, kind, honest, and humble because they spent time in the community with each other and dedicated themselves to hearing God's words, living like Jesus, and growing together. This was their "home base" they could come back to.
 - **Spend time with people who serve those in need:** Look for those who sit with the lonely person at lunch and stand up for the person being made fun of. As you watch for these people, you'll see them saying thanks to the restaurant employees and being kind to their younger siblings. Don't look for big, over-the-top gestures. Look for small, consistent acts of kindness from people who don't want recognition for how they serve.

- **Spend time with people who focus on praising God:** Sometimes, when we hear the word "praise," we think about music. We praise God when we sing, but we also praise God when we live generously, have integrity, lift others, and express gratitude. These are also the people who want to pursue hope and are asking God to help them. They do not give in to negativity and intentionally look for how God moves in their lives and those around them.
- Creating rhythms in your life to connect with God can be challenging. We get busy. We get distracted. But when we have friends to journey with, we can encourage each other to have the rhythms of Acts 2 together.

SO WHAT? Why does it matter to God and to us?

BIG IDEA

- Today's Big Idea is: **Create rhythms to spend time with others.**

DISCUSSION

- How many of your friends say they follow Jesus?
- What stood out about how the Early Church gathered to worship Jesus?
- How do you balance building friendships with people who follow Jesus and those who don't?
- Do you think it's important to surround yourself with fellow believers? Why or why not?

PRAYER

- End your time in prayer either alone or with whoever you're doing the lesson with.