

# THE JESUS RHYTHM

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**Focus** Most of our problems are either caused or made worse because we are moving too fast for too long. Jesus, however, gave us a different model to follow. We need to take time to get away and rest just as He did.

**Fun** When was the last time you took a day off from everything? What is your ideal day off?

**Review** Key Scriptures: Matthew 11:28–30; Luke 5:15–17  
“But Jesus often withdrew to lonely places and prayed.” Luke 5:16 (NIV)

1. Jesus often withdrew.
  - Sabbaths are for rest. They are a gift from God.
  - By choosing to Sabbath, we are protesting and rebelling against our innate desire to trust and rely on our self-sufficiency.
  - Sabbaths are a time to withdraw to be alone with God.
2. He chose lonely places.
  - He found disconnected places away from all distractions. No cell phones!
  - He found sacred places in order to be quiet and alone.
  - He found a place where God could speak to Him.
3. He prayed.
  - This is divine conversation with God.
  - God beckons us to come away with Him.

The effect of the Jesus Rhythm:

- Opportunities were waiting for Him when He came back.
- Luke 5:17 “And the power of the Lord was present for Him to heal the sick.”
- When God is present in our rest, He becomes more present in our work!

## **\*Group Dynamics Idea\***

Plan a time to get together to have some fun and relax. Here are a few ideas!

- Have a board game night: Set out games for all ages, no one has to stick to the prescribed age level!
- Do dinner and a movie in someone’s home: Have hot dogs and popcorn, and watch a comedy.
- Play some games in the yard or park, such as watermelon seed–spitting contest, relay races, or volleyball.

**Discuss** 1. “Most of our problems are either caused or made worse because we are moving too fast for too long.” Share a time when this happened to you. How could applying the Jesus Rhythm have helped you avoid the problem?

2. Matthew 11:29 says He will give us rest. So why do you suppose it's so hard to enter into Jesus' promise of rest?
3. Do you often take time to withdraw from life and be alone with God? If you do withdraw, when do you do it and how often? If not, what is keeping you from doing that?
4. Jesus went to lonely places to pray. Where can you go to get away and spend time alone with God?
5. Have you ever experienced the blessing that follows rest? Discuss the benefits, productivity, rejuvenation, and refreshment that come from this one promise.

**Take Home** Like Jesus, we need to withdraw to lonely places to pray.

- We are not forsaking our responsibilities when we rest. It's for the sake of our responsibilities that we rest.
- It's God's desire to connect with you each day. Look for the gift of time God gives you throughout each day to be alone with Him.

**Prayer** Blessed Savior, thank You for the blessing of rest and for modeling this rest for us while You were on earth. You always know what's best. Help us to be intentional about carving out time to be alone with You and to rest. May we practice Shabbat Shalom. In Jesus' name, Amen.

**\*New Leader Tip\***

Encourage discussion from each member of the group. Be mindful of those who may be timid and give them an opportunity to share if they wish.