

# 7 RHYTHMS OF ROOTED

These 7 rhythms can be markers of a healthy Christian life. We want to support growth in the lives of people that our lives touch. Asking yourself and others simple questions can encourage people to consider and grow in these areas. The following are questions (and a few suggestions) that you can incorporate into your groups that will foster conversations towards transparency about their own spirituality, that could lead to healthier rhythms in those you serve.

## Daily Devotion

-What are you currently studying in the Bible or what resource are you using?

-Are you spending time with God outside of corporate or small group settings?

-If you could rate how you treat your time with God on a scale with 1 being responsibility and 10 being treasured time in relationship, how would you rate your time in devotion? Do you need and/or are you willing to ask God to remind you that devotions are about relationship not just knowledge?

-Do you read your Bible out of responsibility or relationship? How does remembering God wants to meet with you change the time spent?

## Prayer

-What percentage of your prayer time do you spend talking to God vs listening to what God wants you to hear from his word?

-Are you spending time coming to God in prayer? Do you need help focusing as you pray? Have you considered using a psalm or scripture passage as a guide?

-Consider holding a prayer experience. A sample prayer guide is on the community group leader's page.

## Story

-Do you know the story of each member of your group? Consider taking turns over your next several meetings answering what do we need to know about you or your past that would help us understand you better?

-If you have already shared your stories with the group, share what God is doing currently in your life now and how that is impacting you.

-Consider what is God doing in the lives of your group now.

-Where is He working and growing in you? Would you be willing to share this with a Christian friend? How about a person you don't know where they are in their faith? Would you be willing to ask God to grow this willingness in you?

-If you don't know what God is doing, would you be willing to ask him to reveal more of Himself to you in prayer and listen as you spend time in his word?

How would you answer the statement *what is the hope I see in you? How did you find that hope?*

## Repentance

-What is heavy on your heart that you would like to share with the group? Leaders: Consider splitting your group men and women for a portion of your meeting time to share struggles you are going through or tempted by. Pray God's power over those struggles.

-Do the people that are closest to you know what you are currently struggling with? Do you have or desire this type of accountability? Do you want to share with the group an area of struggle or sin and request prayer? Who will you reach out to for this type of support?

## Sacrificial Generosity

-Malachi 3:10 says, "Bring the full tithe into the storehouse, that there may be food in my house. And thereby put me to the test, says the Lord of hosts, if I will not open the windows of heaven for you and pour down for you a blessing until there is no more need."  
-Are you currently bringing a full tithe or giving generously to the Lord? Would you be willing to ask God help you trust him in this way?

-Where are you in giving of your first fruits to the Lord?

-How does the idea of being a steward of your resources, rather than an owner, affect your giving? (Matthew 25:14-25)

## Serve the Community

-Consider planning a service project you and your group can do together. Where are there needs around you? How can you show God's love by meeting a need?

-Are you currently serving in an ongoing capacity in the church? If yes, how or where are you serving? How are you being blessed in service? If not, what skills or gifts do you have that you think God could use if you were willing to offer them? Are you willing?

## Worship

Where do you see God working in your life now? What characteristic of God is being displayed? Are you thanking Him for how He is working and revealing Himself to you?

How can you incorporate worship into your daily life? What do you enjoy doing every day that can be turned into (or recognized as) worship?

What characteristic of God is encouraging you in a specific need you currently have?

What amazes you about God? What characteristics of God do you want to learn more about?