



LIFE GROUP DISCUSSION GUIDE

For the week of 4/7/2024

Do you struggle to find a sustainable rhythm in life? This week we look at Acts 2 and consider how the early church "devoted themselves to the apostles' teaching, fellowship, breaking bread, and to prayer". These rhythms nourished them spiritually, shaped their character, and advanced God's Kingdom. This message challenges us to fight for life-giving rhythms centered on God's Word, authentic community, and spiritual practices.

After your group opens in prayer, please read the following passages, and discuss any questions or thoughts that came to mind after hearing/watching the sermon.

1. The sermon emphasized the importance of rhythms in growing our faith and aligning us more closely with Jesus. What spiritual rhythms or disciplines have helped in your faith journey? How have they or are they currently helping you grow closer to God and others?

Read Acts 2:42-47

2. The early church in Acts 2:42 "devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer." Which of these four devotions (teaching, fellowship, breaking bread, prayer) do you find most life-giving in your current season? Which do you feel like you need to prioritize more?
3. The Greek word *koinonia* translated as "fellowship" implies an active participation, sharing, and joining together. What are some practical ways you actively participate and join together deeper at Redeem Church (Serving, hosting, discipling others, etc.)?
4. Prayer and breaking bread (communion) are highlighted as essential practices within the fellowship. Share how these practices have impacted your relationship with God and with other believers. Share stories of deep connection you've experienced through breaking bread or prayer.

Read Jeremiah 17:5-8

5. Reflecting on the verses from Jeremiah about the consequences of trusting in man and drawing strength from the flesh, how does this contrast with the idea of being like a willow tree, planted by water? How can we ensure that our lives are rooted in sources that give life, not in the barren wasteland of self-reliance?

As you close, encourage people to sign-up for the Rooted Course starting Sunday at 9 AM at www.redeem.church/events. Also, share any challenges, encouragements, and needs related to this week's message. Close by spending time praying for each other's needs and challenges.