



DISCUSSION GUIDE

Chapter 3 | Rhythm vs. Balance

“There is a time for everything, and a season for every activity under the heavens.”
Ecclesiastes 3:1

DISCUSSION POINTS

3 Ways We Can Live in Rhythm with God:

1. We recognize and enjoy the season we are in.

“The orchards and fields of my people WILL yield bumper crops and everyone WILL live in safety. When I have broken their chains of slavery and rescued them from those who enslaved them, then they will know that I am the Lord.” Ezekiel 34:27

2. We’re honest about our capacity.

“Just say a simple YES, I will, or NO, I won’t. Anything beyond this is from the evil one” Matthew 5:37

3. We manage our energy more than our time.

“Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.” Mark 1:35

“I thank Christ Jesus our Lord, who has given me strength to do His work.” 1Timothy 1:12

DISCUSSION QUESTIONS

What's the biggest difference between balance and rhythm?

How would your life look different if you managed your energy more than your time?

What is one specific goal/dream to put in your "not now" category?

Give an example of a difficult season. Did you look to others for support or did you try to go through it alone?

Have you ever said "yes" when you should have said "no" due to lack of capacity? How did you handle it? Could you have done anything differently?

PRAYER REQUESTS AND CLOSE IN PRAYER