

Gathering

RHYTHMS

OK... summer's over; vacations were enjoyed, the suntan lotion and beach towels are packed away until next year. As wonderfully refreshing as it all was, we are back into the rhythm of life...school, work, church, activities.

God created us as people of rhythm. We have daily, weekly, monthly and yearly rhythms. As enjoyable as getting away and "changing up" life is, there is always a part of us that enjoys getting back into a routine.

This month, as we get back into life's physical rhythms, let us consider our spiritual rhythms. Let us form and refine those rhythms that draw us closer to Him and others.

"Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble." 1 Peter 3:8

After sharing the Scripture, use at least three of the questions below with your group:

- Do you currently feel out of rhythm in any area of your life?
- How can you get back into rhythm with God and others?
- How can you remain in sync with all that goes wrong in life?
- God seeing me as like-minded, sympathetic, loving, compassionate and humble makes me feel...

You may wish to take time to discuss how, as a group, accountability can be held to encourage a deeper exploration of scripture or even offer a fun challenge of memorizing a new verse per week.

Be sure to hand out the Monthly Scripture Card and Take Home Sheet.

Complete your monthly report and turn it in to the Corps Officer.

1 Peter 3:8



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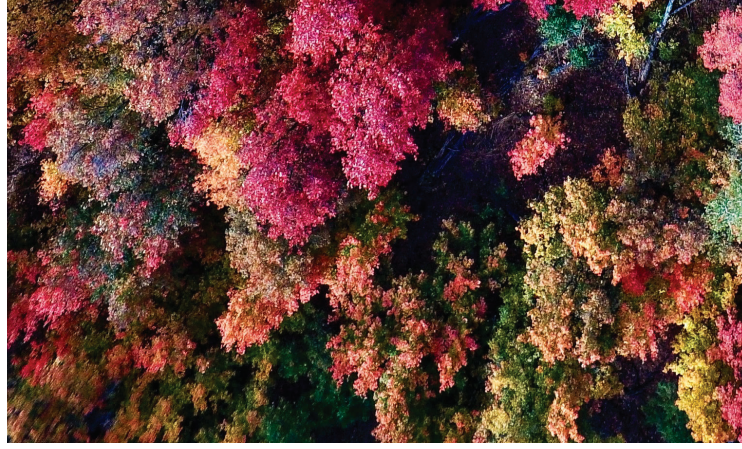
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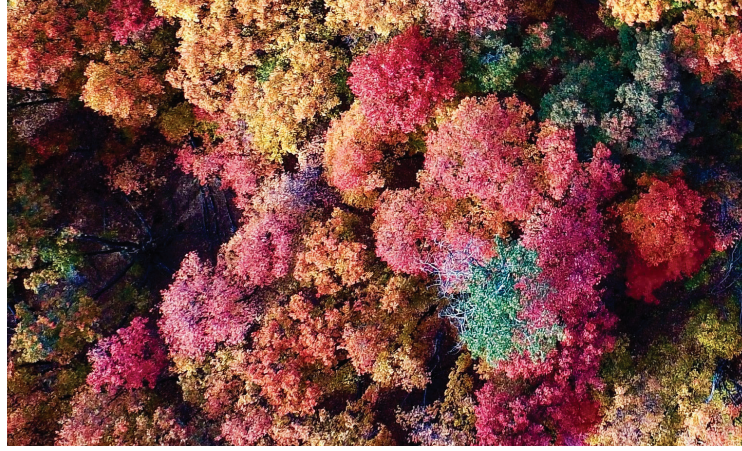
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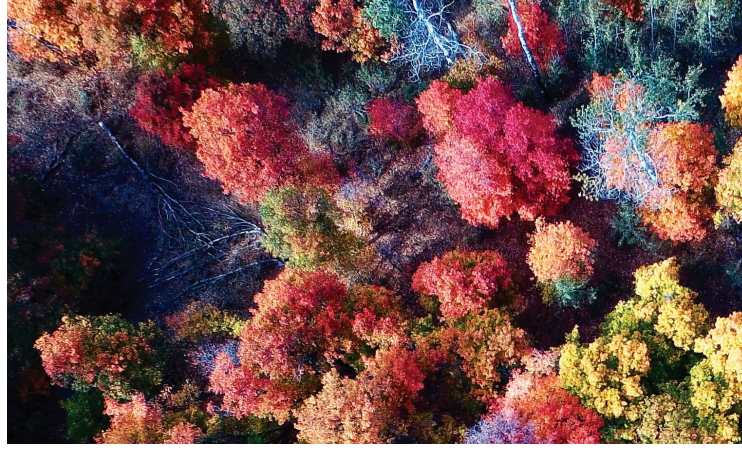
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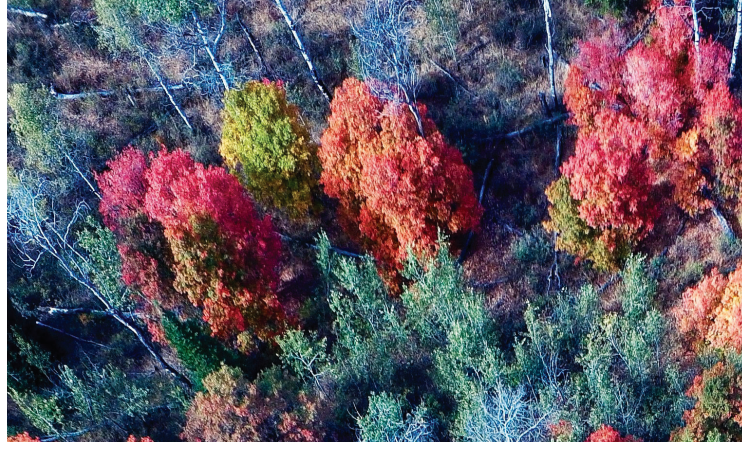
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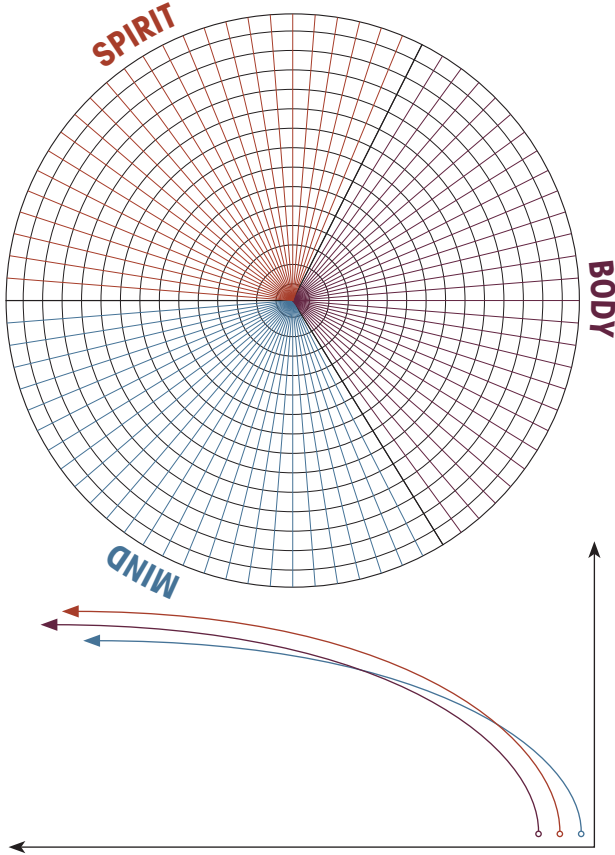


ave you considered the rhythms of your life that keep you at your optimum health – mentally, physically and spiritually? We are tri-part beings and we need to be attentive to the needs of our mind, body and spirit. Create a weekly Rhythms Chart. Keep track of all the connections made within your mind, body and spirit.

MIND – Beware of dehydration. Keep your brain (and body) in tiptop shape by staying hydrated! One of the first signs of dehydration shows up as brain fog/sleepiness! Mild dehydration can alter cognitive function, such as concentration, alertness, and short-term memory.

BODY – Connect with the earth. There is nothing better than enjoying a walk in the fall cool, crisp air. Enjoy the fall colors.

SPIRIT – Pause and reflect. Reflect on God's goodness, His provision, His protection. Allow God's Word to "wash over you" to bring you closer to Him.



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