

# Godly Rhythm

Matthew 11:30, Luke 10:38-42

1. Have you ever thought about the word \_\_\_\_\_ and how it affects your life?
  - a. How many of you have the desire to live as Jesus says in Matthew 11:30 "For my yoke is easy and my burden is light."
2. Do you ever feel the demands of life are always coming at \_\_\_\_\_?
  - a. Do you \_\_\_\_\_ a healthy Godly Rhythm?
  - b. The world will push us into \_\_\_\_\_ rhythms unless we are intentional about it.
3. \_\_\_\_\_ didn't do it all.
  - a. Jesus \_\_\_\_\_ what the Father called him to do.
  - b. I believe that we are more active than \_\_\_\_\_ calls us to be.
  - c. Most of us are \_\_\_\_\_ in Luke 10. ---- We are more worried about getting the work done than being in relationship with Jesus and people.
4. "What does a healthy Godly rhythm look like in my life?"
  - a. \_\_\_\_\_ Rhythm. (Luke 5:16 – Jesus went off to pray)
  - b. \_\_\_\_\_ Rhythm. (Genesis 1) – creation/Sabbath
  - c. \_\_\_\_\_ Rhythm. (Leviticus 23)- periods of rest/sabbaticals
5. All of these scriptures answer the question of how do I live out Matt 11:30 ""For my yoke is easy and my burden is light".
  - a. You and I are to \_\_\_\_\_ Sabbath delight through healthy Godly rhythms.
  - b. In the midst of everything that is going on in life; whether good or bad; \_\_\_\_\_.
6. What is my current life rhythm today?
  - a. What new rhythms might Jesus be inviting you into?
  - b. "Get Godly Rhythm"!