

Rhythms

Rhythms

GO

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”



MATTHEW 11:28-30 NIV

Rhythms

GO

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”



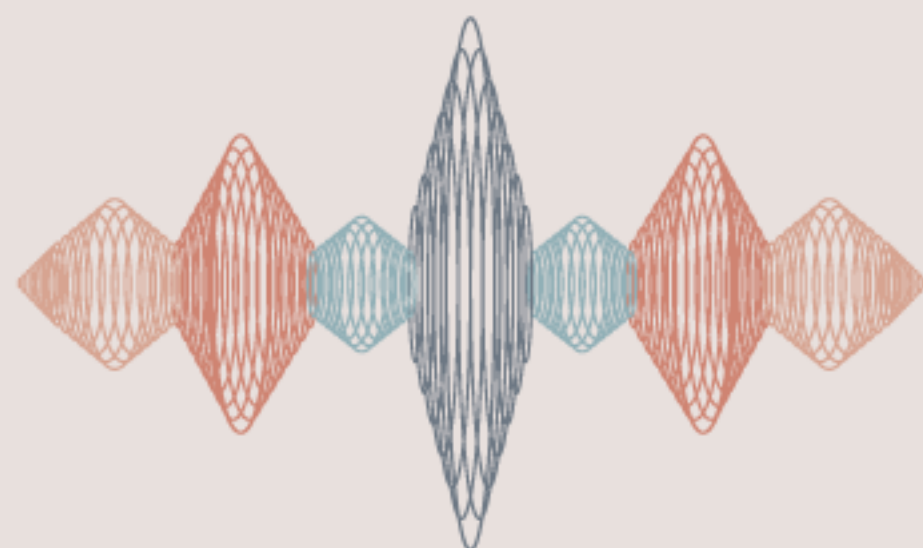
MATTHEW 11:28-30 MSG

Rhythms

GATHER

GROW up

⁴² And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. ⁴³ And awe came upon every soul, and many wonders and signs were being done through the apostles.



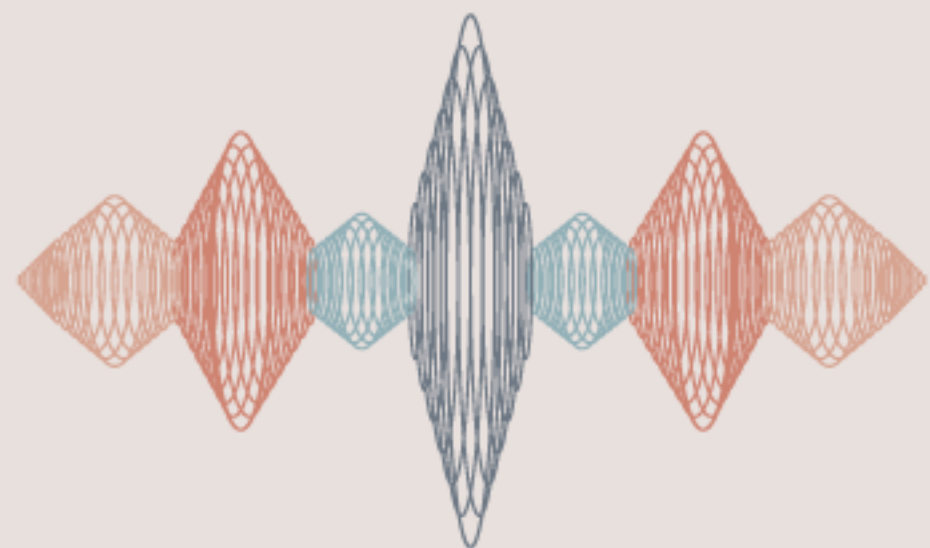
ACTS 2:42-43 NIV

Rhythms

GATHER

GIVE to

⁴⁴ And all who believed were together and had all things in common. ⁴⁵ And they were selling their possessions and belongings and distributing the proceeds to all, as any had need.



ACTS 2:44-45 NIV

Rhythms

GATHER

GATHER in

⁴⁶ And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts, ⁴⁷ praising God and having favor with all the people.



ACTS 2:46-47 NIV

Rhythms

GATHER

GO out

⁴⁷ praising God and having favor with all the people.
And the Lord added to their number day by day those
who were being saved.



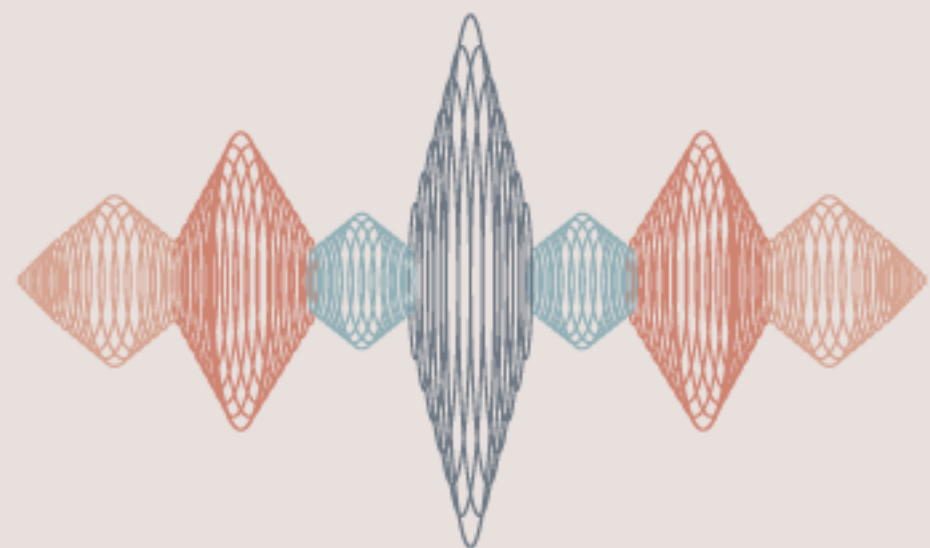
ACTS 2:47 NIV

Rhythms

GO

“By this everyone will know that you are my disciples, if you love one another.”

JOHN 13:35 NIV



Rhythms

GO

¹⁸ Then Jesus came to them and said, “All authority in heaven and on earth has been given to me.

¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”



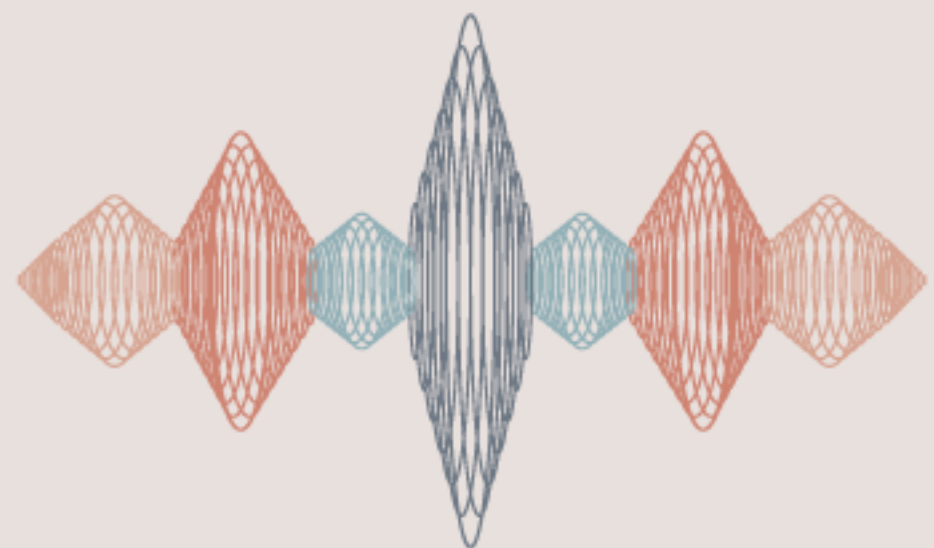
MATTHEW 28:18-20 ESV

Rhythms

GO

Let's go:

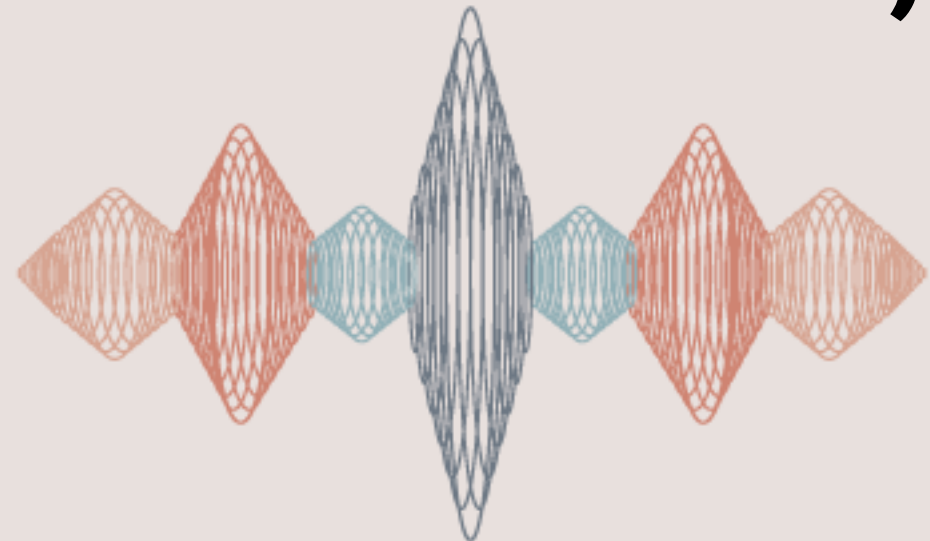
- Slow down — Start small



Rhythms

GO

⁶ “Lord, are you at this time going to restore the kingdom to Israel?” ⁷ He said to them: “It is not for you to know the times or dates the Father has set by his own authority. ⁸ But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

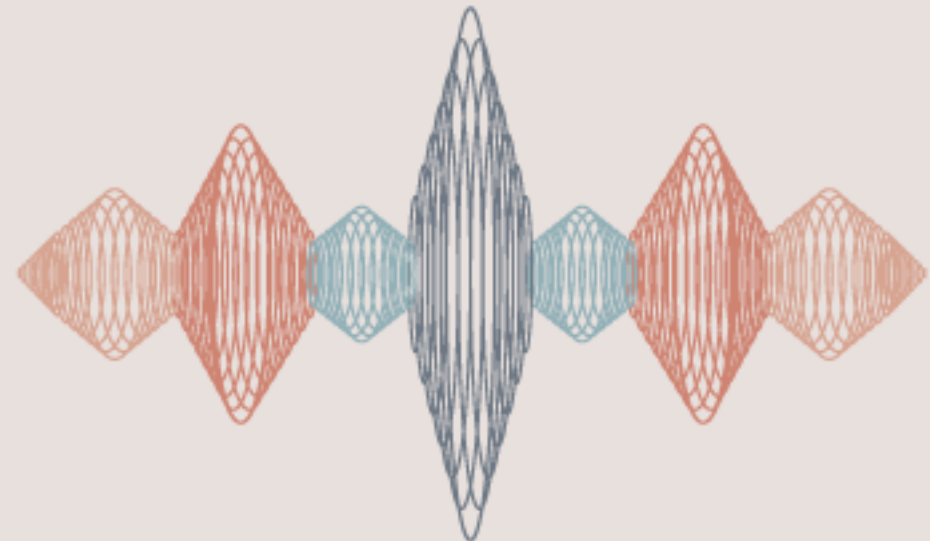


ACTS 1:6-8 NIV

Rhythms

GO

¹⁹ When anyone hears the message about the kingdom and does not understand it, the evil one comes and snatches away what was sown in their heart. This is the seed sown along the path. ²⁰ The seed falling on rocky ground refers to someone who hears the word and at once receives it with joy. ²¹ But since they have no root, they last only a short time.

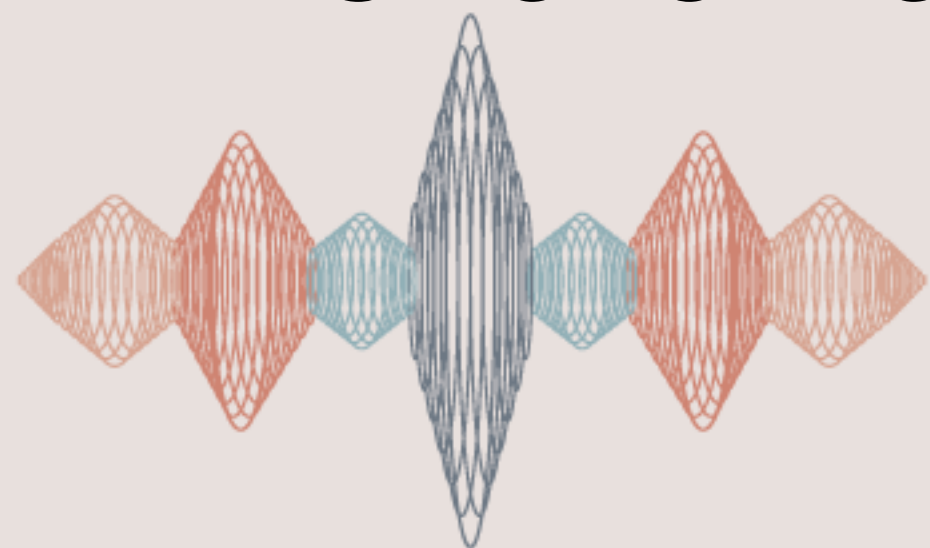


MATTHEW 13:19-21 NIV

Rhythms

GO

When trouble or persecution comes because of the word, they quickly fall away. ²² The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful. ²³ But the seed falling on good soil refers to someone who hears the word and understands it.



MATTHEW 13:21-23 NIV

Rhythms

GO

This is the one who produces a crop, yielding a hundred, sixty or thirty times what was sown.”



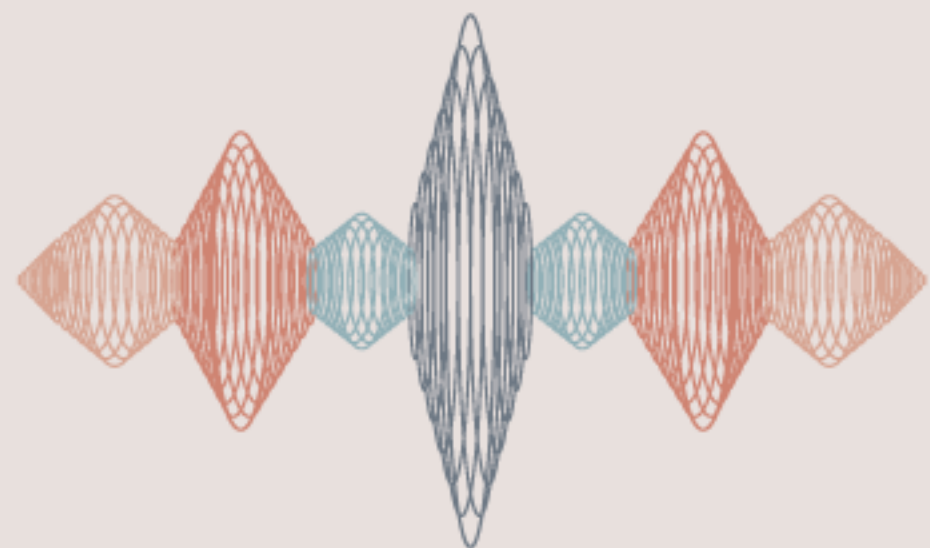
MATTHEW 13:23 NIV

Rhythms

GO

Let's go:

- Slow down – Start small
- Take off judgement – Put on compassion

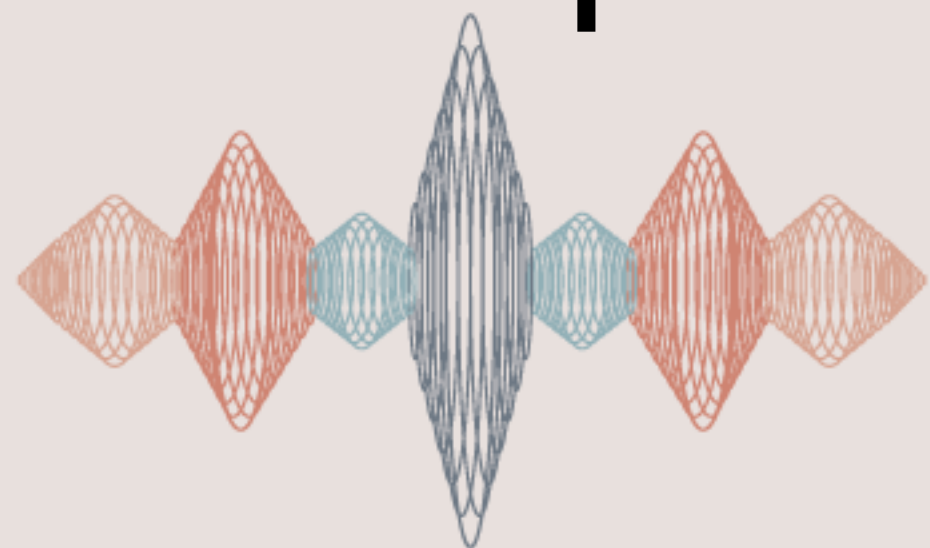


Rhythms

GO

³⁵ Jesus traveled through all the towns and villages of that area, teaching in the synagogues and announcing the Good News about the Kingdom. And he healed every kind of disease and illness.

³⁶ When he saw the crowds, he had compassion on them because they were confused and helpless, like sheep without a shepherd.

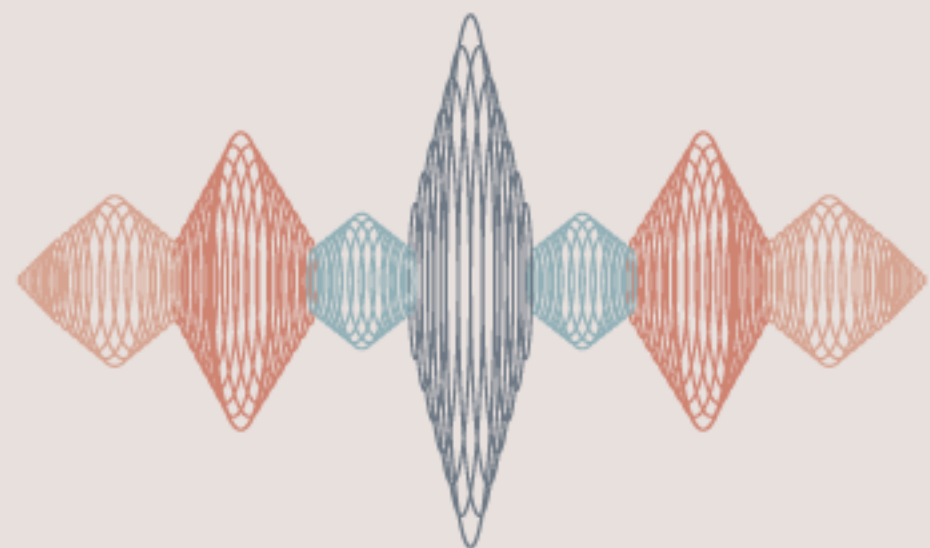


MATTHEW 9:35-36 NLT

Rhythms

GO

³⁷ He said to his disciples, “The harvest is great, but the workers are few. ³⁸ So pray to the Lord who is in charge of the harvest; ask him to send more workers into his fields.”

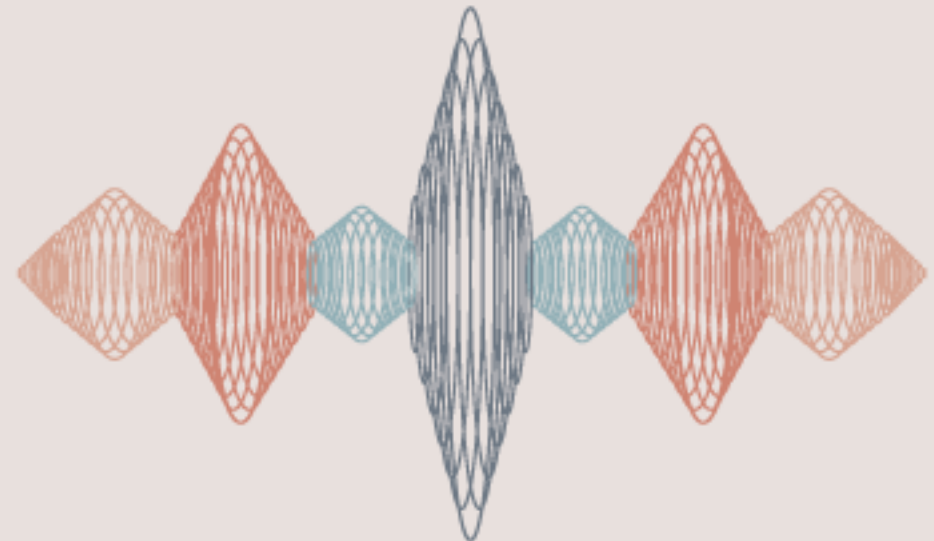


MATTHEW 9:37-38 NLT

Rhythms

G O

⁶ “The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, ⁷ maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation.”



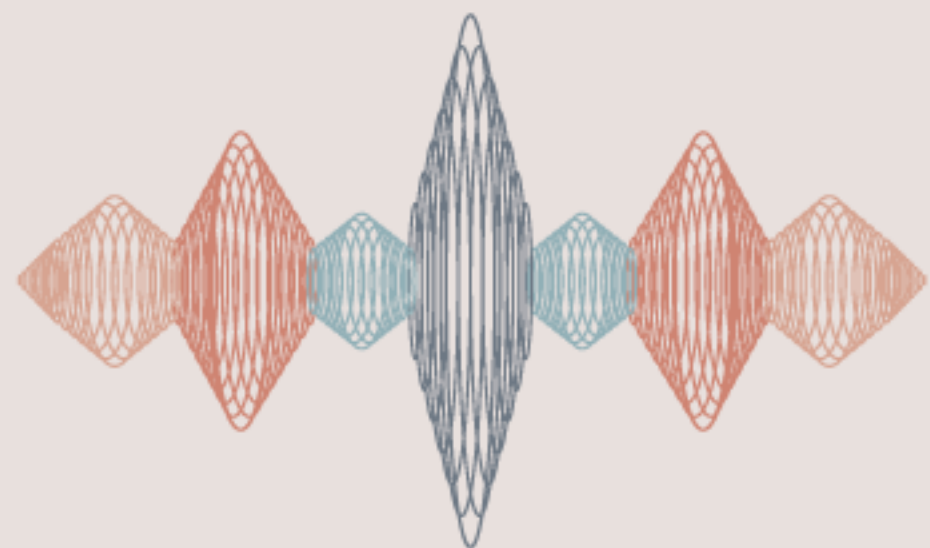
EXODUS 34:6-7 NIV

Rhythms

GO

Let's go:

- Slow down — Start small
- Take off judgement — Put on compassion
- Take pressure off — Look for peace

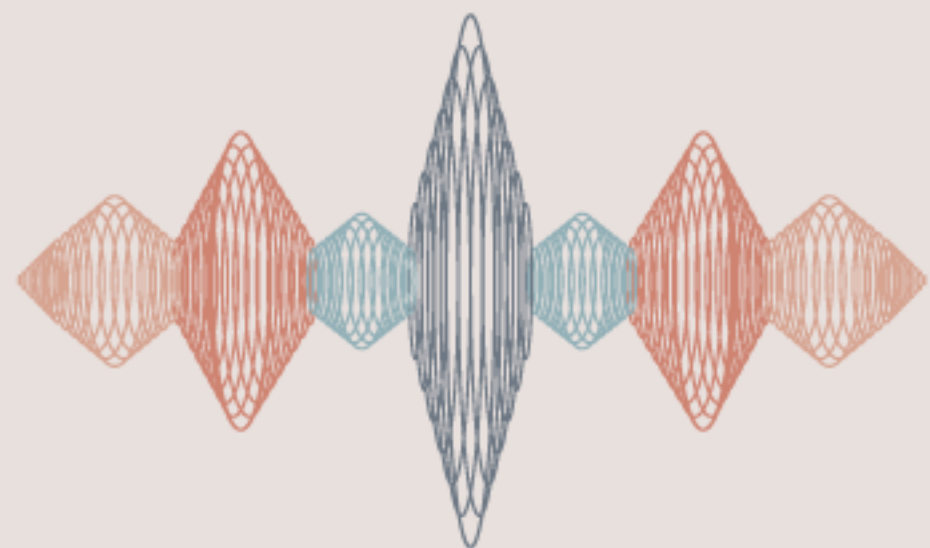


Rhythms

GO

“No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day.”

JOHN 6:44 NIV



Rhythms

GO

⁵ Whatever house you enter, first say, 'Peace be to this house!' ⁶ And if a son of peace is there, your peace will rest upon him. But if not, it will return to you.



LUKE 10:5-6 ESV

Rhythms

GO

¹⁴ But thanks be to God, who always leads us as captives in Christ's triumphal procession and uses us to spread the aroma of the knowledge of him everywhere. ¹⁵ For we are to God the pleasing aroma of Christ among those who are being saved and those who are perishing. ¹⁶ To the one we are an aroma that brings death; to the other, an aroma that brings life.

2 CORINTHIANS 9:14-16 NIV

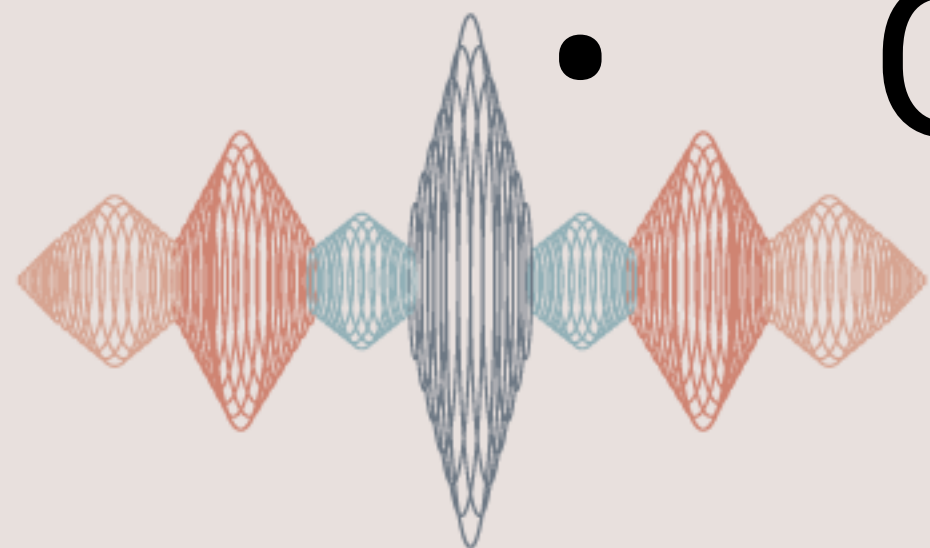


Rhythms

GO

Let's go:

- Slow down — Start small
- Take off judgement — Put on compassion
- Take pressure off — Look for peace
- Go where you are — Share your story



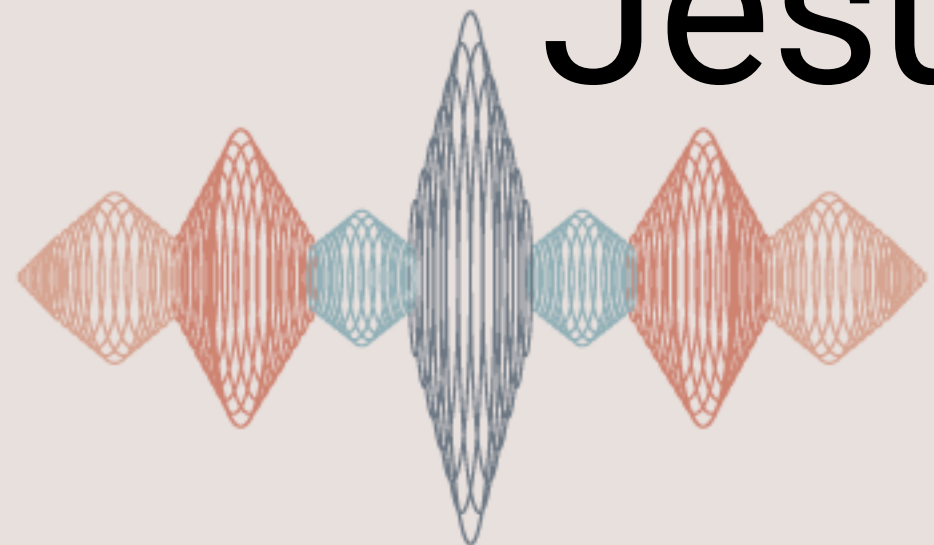
Rhythms

GO

Share your story

- What was your life like before following Jesus?
- How did you come to know Jesus?
- How is your life different now that you follow

Jesus?



Rhythms

GO

¹ Meanwhile, Saul was still breathing out murderous threats against the Lord's disciples. He went to the high priest ² and asked him for letters to the synagogues in Damascus, so that if he found any there who belonged to the Way, whether men or women, he might take them as prisoners to Jerusalem.



ACTS 9:1-2 NIV

Rhythms

GO

³ As he neared Damascus on his journey, suddenly a light from heaven flashed around him. ⁴ He fell to the ground and heard a voice say to him, “Saul, Saul, why do you persecute me?” ⁵ “Who are you, Lord?” Saul asked. “I am Jesus, whom you are persecuting,” he replied. ⁶ “Now get up and go into the city, and you will be told what you must do.”



ACTS 9:3-6 NIV

Rhythms

GO

¹⁹ Saul spent several days with the disciples in Damascus. ²⁰ At once he began to preach in the synagogues that Jesus is the Son of God. ²¹ All those who heard him were astonished and asked, “Isn’t he the man who raised havoc in Jerusalem among those who call on this name? And hasn’t he come here to take them as prisoners to the chief priests?”



ACTS 9:19-21 NIV

Rhythms

G O

²² Yet Saul grew more and more powerful and baffled the Jews living in Damascus by proving that Jesus is the Messiah.



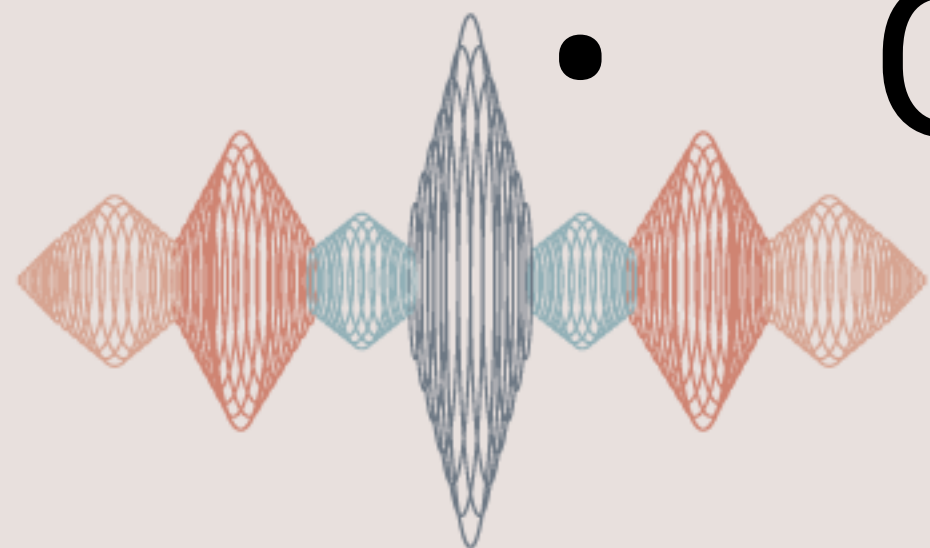
ACTS 9:22 NIV

Rhythms

GO

Let's go:

- Slow down — Start small
- Take off judgement — Put on compassion
- Take pressure off — Look for peace
- Go where you are — Share your story



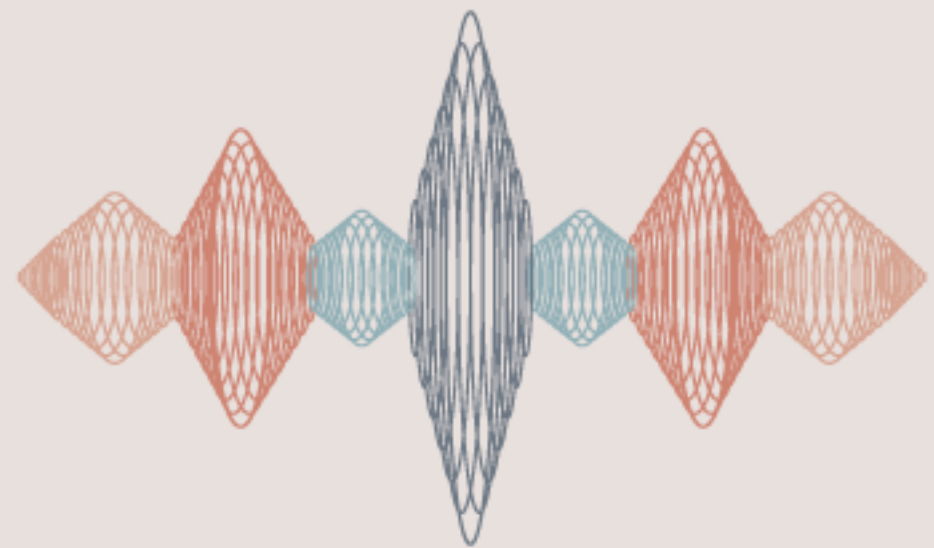
Rhythms

Grow up

Gather in

Give to

Go out



Rhythms

GO

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”



MATTHEW 11:28-30 NIV

Rhythms

GO

“But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.”

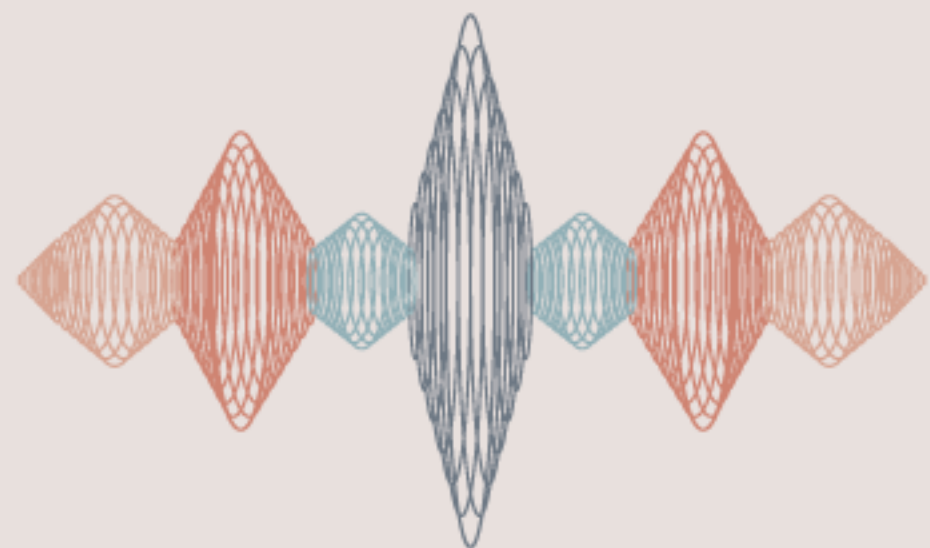
ROMANS 5:8 NIV



Rhythms

GO

9 If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. 10 For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.



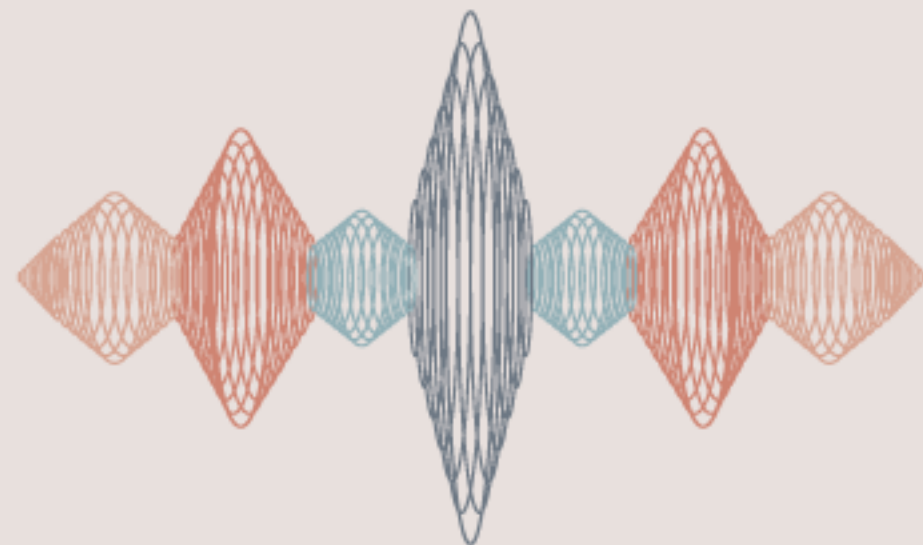
ROMANS 10:9-10 NLT

Rhythms

GO

¹⁴ But how can they call on him to save them unless they believe in him? And how can they believe in him if they have never heard about him? And how can they hear about him unless someone tells them?

¹⁵ And how will anyone go and tell them without being sent? That is why the Scriptures say, “How beautiful are the feet of messengers who bring good news!”



ROMANS 10:14-15 NLT

Rhythms

GO

“Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ.”

ROMANS 5:1 NIV

