**“Rhythms” (7/31/22, Justin Craig) Text: Colossians 2:6-10**

**Big Idea**: In Christ, we have everything we need

**First Things First**: How many times do you have to spell “Rhythms” before you get it right?!

**Summary of sermon**

Developing rhythms is a part of the human experience. They emerge throughout our lives. Sometimes they are just a matter of routine. Sometimes they are the product of circumstance. They can be situational, or they can be intentional. Even when we don’t think we have them, there they are, even when we don’t realize it.

In this scripture passage, Paul challenges us to think more intentionally about the importance of cultivating routines that center our lives in Christ. He gives us four specific action verbs to help us center our rhythms rightly: **walk, root, build, establish**.

**Walking in Christ**: conduct your life with Christ at the center of you (and nothing else).

**Rooted in Christ**: grow strong and healthy consistent with the seed He planted in you.

**Built Up in Christ**: build on a foundation that can withstand the storms that challenge you.

**Established in Faith**: remain strong, unwavering, and committed to the work He has for you.

These **Spiritual Rhythms** that Paul challenges us to cultivate are continually at odds with the **Cultural Rhythms** that seek to distract us from Christ and direct us toward self.

**Discussion Questions**

1. What **Spiritual Rhythms** have successfully cultivated in your life? (Why do they work?)

2. What **Cultural Rhythms** have the most influence on you? (How can they work against you?)

3. **Which “Rhythms”** are most influential in your life right now? (If Spiritual, what are some things you can do to be an encouragement to others? If Cultural, what are some things you can do to shift the balance?)

**Big Challenge**: What are some Cultural Rhythms that could be beneficial to bring balance to your life and help you better prepare to encourage Spiritual Rhythms in the lives of others?