



# WEEK 1: INTRODUCTION

## The 7 Rhythms of a Disciple



Daily  
Devotion



Prayer



Repentance



Sacrificial  
Generosity



Serve the  
Community



Share Your  
Story



Worship

**Discuss these questions with those at your table.**

If you could eliminate one thing from your daily routine, what would it be?

If you could instantly become an expert at something, what would it be?

What are some common rhythms people establish in their work and relationships?

## Scripture: **Psalm 112**

*Praise the Lord! How joyful are those who fear the Lord and delight in obeying his commands. Their children will be successful everywhere; an entire generation of godly people will be blessed. They themselves will be wealthy, and their good deeds will last forever. Light shines in the darkness for the godly. They are generous, compassionate, and righteous. Good comes to those who lend money generously and conduct their business fairly. Such people will not be overcome by evil. Those who are righteous will be long remembered. They do not fear bad news; they confidently trust the Lord to care for them. They are confident and fearless and can face their foes triumphantly. They share freely and give generously to those in need. Their good deeds will be remembered forever. They will have influence and honor. The wicked will see this and be infuriated. They will grind their teeth in anger; they will slink away, their hopes thwarted.*

Highlight or underline all the promises God makes in Psalm 112 for the person who fears (i.e. respects & reveres) the Lord.

Have you experienced any of these promises? How?

Do you struggle to believe any? Why?

What would it look like to live believing all of these promises were true? How would your life be changed?

Week 1 Takeaway:

Prayers for the Week:

- God would stretch and grow our congregation throughout this experience - as God to meet you as you seek guidance and direction on this journey.
- For the people at your table to experience new insight and knowledge of the mind of Christ.
- For our church to draw near to God and for God to draw near to us.
- For those around us who are confused, may they experience God's grace & gentle guidance.