

# rhythms together

time + trust = transformation



Rhythms Groups gather regularly with 2-3 people of the same gender for the purpose of living out rhythms of life together. Below are some guidelines to help as your Rhythms Group begins.



**Therefore encourage one another and build each other up, just as in fact you are doing.**

**- 1 Thessalonians 5:11**



## Asking Questions

We use a simple model to guide discussions within our Rhythms Groups, and we believe that it is a quick and easy way to get to the heart of things.

### UP

**What are the Spirit and Scriptures speaking into your life?**

Love the LORD your God with all your heart and with all your soul and with all your mind and with all your strength... Love your neighbor as yourself. *Mark 12:30-31*

**Example questions:**

- In what specific ways did you love God with your heart, soul, mind, and strength this week?
- Which area do you want to grow in? Which is life-giving right now?
- What did God reveal to you through your Scripture reading?
- Is there a particular prayer time you notice God is speaking to you? Morning, midday, evening?

### IN

**What are your current struggles and successes?**

This is what the LORD says: Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. *Jeremiah 6:16*

**Example questions:**

- How is your soul care going? Are you defeated, apathetic or burned out in any part of your life?
- What do you need to say "no" to? What do you need to say "yes" to?
- What have you been doing during your Sabbath?

### OUT

**How are you serving others and sharing the gospel?**

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms. *1 Peter 4:10*

**Example questions:**

- When is the last time you prayed for someone on the spot or followed through on a prompting from God?
- How did you show kindness to a friend/neighbor this week?
- How do you want to grow in generosity and/or hospitality?
- Is there anyone you're carrying bitterness toward in your heart that you need to repent of?

# Qualities of Healthy Rhythms Group

*A healthy Rhythms Group will meet regularly and include these three qualities: honor, honesty, and holiness. As you build trust and grow in relationship, we encourage you to go deeper.*

- **HONOR**

We are only able to openly share our lives together when we feel safe. It is crucial that we relate to one another with kindness and respect. This could practically look like: keeping your commitments, listening attentively, not interrupting, offering no harsh judgments, and maintaining confidentiality.

- **HONESTY**

In the safety of a trusted friendship, we are able to share the truth about the health of our souls. Your time together will be exponentially more fruitful if you are genuinely willing to be vulnerable about what is truly going on in your life. This is not the place for a facade.

- **HOLINESS**

Ultimately these groups are not just for friendship, but for growth in Christlikeness. While honoring each other, we also take the next step to speak the truth in love. We do not judge, but we are willing to spur one another on and call each other higher as we pursue Jesus together. This is a place for accountability and spiritual challenge.



“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching. -Hebrews 10:24-25



Still having trouble getting started?  
Reach out to [Olivia@wellspringchurchnyc.com](mailto:Olivia@wellspringchurchnyc.com).