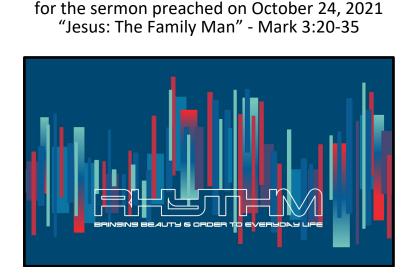


SERMON-BASED STUDY GUIDE

**Thanks for checking out our sermon-based Study Guides!** If you've never used our Study Guides before, you'll find some basic instructions beginning at the bottom of page 2.



Finding *balance* in all the demands of everyday life can feel impossible, as we all have so many different commitments and are pulled in so many different directions. But if we can find *rhythm*, it can bring beauty, order, and fulfillment to our lives. So far in this series, we've learned that life works best when we find a rhythm between work and rest, between our public and private lives, between gathering and scattering, between living in the present and investing in the future, and between thinking and doing This week, we'll consider the rhythm between family relationships and all of our other relationships.

## **Group Discussion Questions**

Q – It's been repeatedly observed how the Covid pandemic has interrupted our many relationships. Family life looks different for all of us - thinking back to your family life prior to the pandemic, how has it changed since the beginning of the pandemic and how is it different now that it's been a year and a half after it began? What rhythms have been thrown off?

Q – Read Mark 3:20-35 a time or two. What strikes you as interesting and what questions arise for you?

Q – Jesus asks a provocative question in vs. 33 and then reveals the answer in vs. 34-35. At first glance, one might think that Jesus has rejected his family or is hostile against them. But a closer look reveals something else - Why do you think he frames his point that way?

(In short, Jesus is expanding the definition of the family of God and asserting that the obedience to God creates spiritual belonging of family. This is also illustrated throughout the Gospels when Jesus refers to his disciples as brothers).

Q – The central point of Bryan's message was – "We live well when we love well, beginning with our family." How might we grow in this aspect of our family lives in order that we might live and love well.

Q – it's tempting to think that our family life will never be the same. What new family rhythms do you hope to create and sustain and is there anything you want to get rid of?

## How to Use These Study Guides:

- Consider sending out the Scripture passage to your group members ahead of time.
- Begin each meeting with a short time of checking in with one another.
- You may want to begin the discussion by reading the Scripture passage together out loud, or by summarizing the passage if everyone has read it ahead of time.
- Don't feel like you need to discuss every question included in the Study Guide. Pick one or two to start with, and see how the conversation flows.
- If your group meets over Zoom:
  - You may need to do more overt facilitating over Zoom than you would in person.
    Feel free to call on people to invite them to share.
  - Try to be sensitive to attention spans over Zoom—keep the meetings shorter than they would be in person.
- Be sure to set aside time for sharing prayer requests and praying together.

**Group Leader Support:** Please reach out to your Campus Pastor or your Coach if you have any questions about leading your group or concerns about your group dynamic. If you have questions about or feedback on the Study Guides, please reach out to Pastor Tim or Pastor Rachel from the Group Life team.