



HEALING RHYTHMS STUDY GUIDE

This fall, we're stepping into the gentle rhythms of Jesus that steady our hearts and root our souls as we keep pace with him. Together we'll learn and practice simple, ancient rhythms that create space for his healing presence that makes all things new.

"Come to me, all you who are weary and burdened, and I will give you rest. 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. For my yoke is easy and my burden is light." Mt 11

One of our [church's 5 cultures](#) is: Healing Rhythms — Encountering Jesus' life-changing new day together and in our homes through the rhythms of prayer, the Bible, and worship.

SEASONAL PRAYER PRACTICE: DAILY OFFICE

Our communal prayer practice this fall is the Daily Office and Daily Lectionary. Consider ways to encourage one another in these practices and to practice altogether. Perhaps praying through Compline at the end of your evening group or a simplified morning prayer using the family devotions section each week or occasionally can help model and teach the practice to those new to their prayer books. You can use:

- The BCP2019 Prayer Office App ([Website](#), [Apple Store](#), [Google Store](#))
 - The BCP, pick up a copy on Sunday for a suggested donation of \$10, download the liturgies [here](#) for free, or buy a copy [here](#).
 - Printed booklets with the prayer offices and lectionary will be released on 9/28
-

9/21 In Rhythm with Jesus

SCRIPTURE: Matthew 11:25-30 “Come unto me”

DISCUSSION QUESTIONS:

1. Chorazin, Bethsaida, and Capernaum were villages close to Nazareth where Jesus grew up and the places where he performed the most miracles. What do you make of Jesus’ pronouncing a “woe” to them? Why would Jesus be that intense?
2. Jesus says that the Father has revealed “these things to infants” (see 1 Cor. 1:18 - 2:2 for a similar teaching from St. Paul). What is it that the religious leaders don’t get that little children do? In light of that context, how should we understand Jesus’ invitation to “come” to him?
3. A “yoke” is a wooden frame joining two animals, usually oxen, for pulling loads. How does Jesus describe his “yoke”? How can we come to Jesus and learn from him? (See 1 John 5:2-4 for another description of the yoke of Jesus.)
4. How does Jesus describe himself in this passage? How is that the same or different from common conceptions of who Jesus is? Does that differ from your instinctual or kneejerk response about who Jesus is? (See Philippians 2:6-8 for another description of Jesus’ character.) If someone who doesn’t know Jesus asked you about Jesus, how would you describe His gentle and lowly character?
5. What burdens are you carrying right now (or from the Sunday message, what destructive rhythms are you stuck in)? How is Jesus inviting you to find rest for your weariness?
6. Eugene Peterson describes the yoke of Jesus as the “unforced rhythms of grace”. What rhythms of grace is Jesus inviting you into this fall? How might you learn to experience his presence, peace, and healing in rhythm with him?

PRAYER PRACTICE:

1. Turn Matthew 11:28-30 into a prayer asking Jesus for his rest and healing.

Jesus, I want to come to you, I’m weary and burdened, please give me your rest. I want to take your yoke on me and I want to learn from you. I know and trust and have experienced that you are gentle and humble in heart: please help me find rest for my soul in you. Give me your easy yoke and light burden. Amen.

COMMENTARY:

“Jesus alarmed them when he used every possible means to reclaim them to repentance.” John Chrysostom, *The Gospel of Matthew Homilies* 37.4

“He doesn’t warn those who need conversion; he warns those who think they already have it. These people have Jesus’ presence and power right in front of them but it doesn’t change them. They don’t repent. They don’t obey him or even take him seriously.” — *The Gospel of Matthew: God with Us* by Matt Woodley, IVP, 2011; pg 130.

“Babes see because sacred truths are revealed to them, and not otherwise. They are weak and inexperienced. They are simple and unsophisticated. They can cling, and trust, and cry, and love; and to such the Lord opens up the treasures of wisdom. Lord, let me be one among them! The truths of the heavenly kingdom are hid, by a judicial act of God, from men who, in their own esteem, are “the wise and prudent.” They cannot see, because they trust their own dim light, and will not accept the light of God” — *Spurgeon’s Popular Exposition of Matthew*, Charles Spurgeon, 1983, pg. 82.

“The cumulative testimony of the four gospels is that when Jesus Christ sees the fallenness of the world all about him, his deepest impulse, his most natural instinct, is to move toward that sin and suffering, not away from it.” *Gentle and Lowly*, by Dane Ortlund, pg 30.

9/28 Daily Rhythm of Prayer & Scripture

SCRIPTURE: Philippians 4:4-9 “And the God of peace will be with you.”

DISCUSSION QUESTIONS:

1. Have you thought that because you are a follower of Jesus, your life would be easier, more blessed, or have less suffering or worry? Where does that belief come from? How does Jesus address that in John 16:33?
2. What anxieties did Paul face in his ministry? Read 2 Corinthians 11:23-30. What does Paul say is the pressure he feels above all?
3. Think of the worries and concerns that you are facing. Which ones are of people you see in person in your life? Which ones come primarily through technology, screens, and social media? How does technology impact your anxiety levels?
4. Think of a time you have experienced God’s peace with you. What did it feel like? Paul says it is peace that transcends understanding. In John 14:27 Jesus says his peace is not as the world gives. How have you experienced God’s peace in that way?
5. What does Paul mean when he says that the peace of God will “guard your hearts and your minds”? We use that phrase from Scripture each week when the priest prays the blessing at the end of the service. How do you participate in that blessing? What does it mean to you?
6. How might the rhythm of the Daily Office & Lectionary help you get out of anxious rhythms and into the rhythms of Jesus and his peace?

PRAYER PRACTICE:

1. Pick a time this week to try the daily office and lectionary on your own or with a friend. Ask Jesus for his peace as you pray.

COMMENTARY:

9/28 Healing Our Desire

SCRIPTURE: James 1:9-18; Psalm 21;

DISCUSSION QUESTIONS:

PRAYER PRACTICE:

COMMENTARY: