

TEACHER | HUNTER HOUSE

RHYTHMS



RHYTHMS

- 1 SPIRITUAL FORMATION**
- 2 PRAYER + MEDITATION
- 3 FASTING
- 4 SIMPLICITY
- 5 WORD
- 6 CONFESSION
- 7 SOLITUDE + SILENCE
- 8 WORSHIP + CELEBRATION
- 9 SABBATH
- 10 SERVICE

Spiritual Formation

COLOSSIANS 2:6-10 ESV

Therefore, as you received Christ Jesus the Lord, so walk in him, ⁷rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. ⁸See to it that no one takes you captive by philosophy and empty deceit, according to human tradition, according to the elemental spirits of the world, and not according to Christ. ⁹For in him the whole fullness of deity dwells bodily, ¹⁰and you have been filled in him, who is the head of all rule and authority.



Salvation

Freedom from the...

Penalty of Sin
Justification



Presence of Sin
Glorification



Salvation

Freedom from the...

Penalty of Sin
Justification



Power of Sin
Sanctification



Presence of Sin
Glorification



“Non-discipleship costs abiding peace, a life penetrated throughout by love, faith that sees everything in the light of God’s overriding governance for good, hopefulness that stands firm in the most discouraging of circumstances, power to do what is right and withstand the forces of evil. In short, it costs exactly that abundance of life Jesus said he came to bring (John 10:10).”

- Dallas Willard





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The Enemy

COLOSSIANS 2:6-10 ESV

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Reminders for Spiritual Rhythms

Consistency		Efficiency
Freedom		Slavery
Effort	NOT	Earning
With God		Without difficulty
Abundant life today		Eternal life only





“Every time you expound a Bible text, you are not finished unless you demonstrate how it shows us that we cannot save ourselves and that only Jesus can.”

- Timothy Keller, 1950 - 2023



The Source

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MARK 10:32-34 ^{ESV}

And they were on the road, going up to Jerusalem, and Jesus was walking ahead of them. And they were amazed, and those who followed were afraid. And taking the twelve again, he began to tell them what was to happen to him, ³³ saying, “See, we are going up to Jerusalem, and the Son of Man will be delivered over to the chief priests and the scribes, and they will condemn him to death and deliver him over to the Gentiles. ³⁴ And they will mock him and spit on him, and flog him and kill him. And after three days he will rise.”



PROCESS

Read Galatians 5:16-6:10. Use these questions to help you consider spiritual rhythms this week, individually and with others.

- According to this passage, what does it look like in practice to “walk by the Spirit” in order to bear the “fruit of the Spirit”?
- What should we turn away from and seek to stop doing?
- Who and what should we turn to instead?
- How is our heart revealed in our everyday habits?
- How can you allow God to transform your heart as you seek to develop healthier habits and spiritual rhythms? How might you express this desire to God in prayer?

PRACTICE

Below is a scripture reading plan for the week with some practical suggestions to help you grow in spiritual rhythms.

1. Galatians 5:16-6:10—Let God assess the health of your daily rhythms.
2. Psalm 42—Ask God to deepen your desire for Him and His ways.
3. Romans 7:4-8:11—Accept the struggle of growth and ask for God’s help.
4. Psalm 51—Ask God to cleanse you from the inside out.
5. Mark 8:22-38—Commit to making the spiritual rhythms a part of your everyday life.

RESOURCES

- **Introductory:** *The Life You’ve Always Wanted* by John Ortberg
- **Intermediate:** *Celebration of Discipline* by Richard Foster
Spiritual Disciplines for the Christian Life by Donald J. Whitney
- **Advanced:** *The Spirit of the Disciplines* by Dallas Willard

PROGRESS

Remember, the goal is that all of us would choose one or two spiritual rhythms in which to take a step of growth. **Progress is the goal.**

1 Thessalonians 5:23-24
May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. ²⁴ The one who calls you is faithful, and he will do it.