

# RHYTHM

Week 2

BRBC Groups

January 10, 2021

**Scripture** | Psalm 46

**Ice Breaker** | 1. What is one routine, one habit, that you have to start off your day? How do you feel when you forget to do it?

**Going Deeper** |

1. Is there anything that stood out to you from Sunday's message, or do you have any questions?
2. Our series Rhythm, is about developing daily and weekly habits, creating rhythms in our life, to help us when life seems chaotic. Last week we explored the idea of reading scripture daily. Is this something you put into practice this last week? If so did you notice anything different in your days when you practiced it?
3. Why do you think it is hard to develop new rhythms or habits?
4. This week we focused on the weekly Rhythm of stillness. What does it mean to be still? Is this something that comes naturally to you or do you find it a challenge?
5. Read Psalm 46.
6. Biblical writers often use apocalyptic language to describe a national crisis. What might be happening to Israel here?
7. How does the author describe God in this chapter?
8. What is God's message to the people of Israel here?
9. The new testament often applies the promises God originally meant for Israel to the church. Since we are the church, how do these words apply to us today?
10. Why do you think it is sometimes hard to be still and know that God is God?
11. Part of being still, is practicing silence and solitude. Do you find it easy, or a challenge to be quiet and alone? What are some of the challenges to it? Why might it be important to practice silence and solitude?