

Rhythm - Week 1

Main Idea

God wants to use the ordinary rhythms of our life, like eating, to be part of His plan to change the world.

Starter

What is your favorite place to go out to eat with friends?

Discuss

Who is someone in your life (where you live, learn, work, or play) that is not yet a Christian that you would like to influence toward Jesus?

Before you begin your Scripture discussion, spend some time praying for this friend—for the Holy Spirit to work through you to help them see their need for Jesus and to work in their heart.

Scripture

Read [Matthew 28:18-20](#) and discuss:

- What does this passage say about the mission Jesus gives His followers?
- How does it make you feel to see yourself as a “missionary”? What is exciting or intimidating to you about that idea?

Read [Luke 5:27-32](#) and discuss:

- Why does Jesus say He spends so much time eating with “tax collectors” and “sinners”?
- What potential do you think meals have for conversations about life and the Gospel in your everyday life?
- How could you be more intentional with your meals to connect with people that need the hope of Jesus?

Apply

As a group this week, do an “eating challenge” together. Have everyone share one person they want to invite to lunch or coffee this week. Spend some time praying for them and each other as the Holy Spirit leads.

Resources

If your group needs help learning how to share their story of faith or the Gospel, check out these tools from our 401 Go class.

- [How to share your story](#)
- [How to share the Gospel](#)
- [3 Circles to share your story](#) and [3 ways to draw the Gospel on a napkin](#)