SERMON DISCUSSION GUIDE

**Running in Rhythm**

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Would you consider upgrading your smart phone to a flip phone?

How does your technology screen time compare to your daily time spent with God?

(Read 1 Corinthians 9:24-25)

**Run to Receive Lasting Rewards**

What type of runner are you metaphorically speaking? Do you run to stay fit, for fun, or to win competitions?

How do you pace yourself on a daily basis to balance physical and spiritual exercise?

(Read 1 Peter 2:11-12)

**Rhythm is Rare**

What kinds of rhythm have you found successful (that you would recommend)?

As a disciple of Christ, what would you consider your best attributes that separate you from those consumed by the affairs of this world?

Do you ever find your desire for Christ lacking?

Has your desire of Christ and Godly living ever made people around you think you don’t care about them? Has this been a good or bad experience?

**Rhythm Requires Reckoning**

Are you better at working hard or resting well?

What are some of your “healthy” hobbies? Are they both physical and spiritual? Does one outweigh the other?

**Ask yourself: WHO ARE YOU BECOMING?**