

Defining Moments; Sustaining Rhythms

Defining Moment Mark 1:9-11

Rhythms in the Good Days Luke 5:15 -16

Rhythms during Big Decisions Luke 6:12

Rhythms when you are Exhausted Mark 6:30-34

Rhythms for the Bad Days Matthew 14:13

Defining Moment Mark 9:2-7

Auburn Grace Community Church – March 27th, 2022

Life Group Discussion Questions – March 27, 2022

Luke 22:39-42 *And He came out and proceeded as was His custom to the Mount of Olives; and the disciples also followed Him. When He arrived at the place, He said to them, "Pray that you may not enter into temptation." And He withdrew from them about a stone's throw, and He knelt down and began to pray, saying, "Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done."*

DISCOVER

1. A defining moment is an identity-forming event that establishes a person's character. It could be a failure or an achievement. In fact, most have many defining moments. Share with your group a critical point in your life that changed your identity or influenced your future. What are some decisions where you wish you could change your response or behavior?
2. Do defining moments always involve a decision or change in direction that we initiate for ourselves? Many defining moments involve tough situations. What are some joyful times in life that led you to pivot toward a more solid foundation?
3. A signature move is a predictable repeated behavior that reveals your character. It's a response that has "your name written all over it." What signature moves do you demonstrate that express your identity?

EXPLORE

1. Our guest speaker this Sunday, Gabe Philips, talked about (life) rhythms. What are the characteristics of these rhythms? How do they come to be? How are they sustained? Read Luke 5:15-16. What key words does Luke use that points to a developed rhythm? What was Jesus' signature move?
2. Gabe also showed us that these rhythms are observable on our good days, bad days, during big decisions and when we are exhausted. Read Luke 6:12, Mark 6:30-34, Matthew 14:13 and re-read Luke 5:15-16. With regards to rhythms, what are the common denominators in these passages? How are the different?
3. Can you list three defining moments in the life of the Apostle Paul? How did each one change the course of his life trajectory? Read Acts 9:1-14. Some might argue that God was the author of Paul's defining moments. How would you respond?
4. Read Colossians 3:1-4. Discuss how this passage about something that occurred 2,000 years ago is a defining moment for believers today. What can we conclude about ourselves because of the Cross?

EXPERIENCE

1. Since defining moments are sometimes thrust upon us, what can we do to prepare ourselves? How did Jesus prepare Himself?
2. Have group members write down three defining moments in their life (illness, disappointment, accomplishment, challenge, etc.) Ask each person to share one of those moments with the group, if they are willing. Why was that event so impactful?

PRAY

Pray...Father God, so often we want to control outcomes or live in fear of what is to come. Give us the strength to change direction or accept what You have allowed to impact our lives. When called upon, please give us the strength to uplift others who may need help or confrontation using our love of You as our foundation and motivation.

Action...Seek God's will in moments that provide an opportunity to share the love of Christ. In doing so, be quick to listen and willing to testify.