

RHYTHMS:

Cultivating Spiritual Habits of Devotion

JUNE 5 | 410 CAMPUS



EPHESIANS 5:15-17

Prepare Your Heart & Mind

Begin this time in prayer, confessing any sins you can recall, thanking the Lord for the gift of His Word, and asking for His Spirit to guide you in your time.



Reflect/Connect

- Use these questions for a time of individual reflection or to connect with others in meaningful conversation.

Grow in the Word

- These questions are designed as a guide for individual study and to foster spiritual conversation with a group of people.

REFLECT/CONNECT

- What are your initial thoughts and reaction to the idea of practicing spiritual disciplines?
- What spiritual disciplines or habits are a regular part of your weekly rhythm, and how does it impact your daily life?

GROW IN THE WORD

In Ephesians 5:15-17, Paul exhorts Christians to carefully walk in wisdom by making the best use of their time.

- What is significant about Paul's use of the word "walk" in verse 15?
See also Eph. 4:1,25; 5:1-2, 7-8

- What is the chief characteristic of walking in wisdom?

Paul calls us to be careful and make the most of our time because the "days are evil".

- What comes to mind when you think of the days being evil?
- In what ways does our current day and age stop you from making the most of your time?

Cultivating spiritual habits of devotion is an excellent use of your time.

- How do these verses impact how you want to organize your time moving forward?
- What spiritual habits would you like to more regularly practice this summer?



NOTES

Use this page for sermon notes, prayer requests,
or additional notes on the passage from your study.