

The Chapel Family Bible Reading Program – Sept 12-17 ***Doing Live Together ... Start the Rhythm***

MONDAY: Psalm 119:161-168

KEY VERSE: Psalm 119:164

OBSERVATION: STOPPING- David said that seven times he prays. Seven times throughout the day, David stops to meet with God. His life is organized around these seven times. It gives him rhythm. This isn't something to fit into your schedule. This is the framework to fit your schedule into. Is your Schedule controlling you or are you controlling your schedule? What is the first step of taking back the control of your Schedule?

TUESDAY: 2 Timothy 3:14-15; John 1:18; John 14:16

KEY VERSE: John 1:18

OBSERVATION: CENTERING- Developing a rhythm in your spiritual life means organizing your life around times of stopping to remember God. What is important is not the length of time but that you regularly stop to refocus on God. It could be five minutes or forty minutes. It could be your break time. How do you stop center yourself through the course of the day? How long have you been doing that? When will you start?

WEDNESDAY: Lamentations 3:26; Psalms 62:5; Habakkuk 2:20

KEY VERSE: Job 29:21

OBSERVATION: SILENCE- Too often we spend all of our time telling God our business or should we even dare to honestly admit telling God "His" business. Silence attends to God. Silence and another disciple Solitude are perhaps the most radical disciples of Christian life. Solitude is being absent from people and things. Reflecting this need in our lives, the comics gave the great hero, Superman, the need for a Fortress of Solitude, where even the almost invincible could take time to be absent from people and things. Henri Nouwen said that "without solitude it is almost impossible to live a spiritual life." Silence is quieting oneself to attend to God. How long do you remain silent during your devotional Time? What distracts you the most? How can you limit your distractions?

THURSDAY: Joshua 1:8; Romans 10:17; Nehemiah 8:3; Hebrews 4:12

KEY VERSE: 2 Timothy 3:16-17

OBSERVATION: SCRIPTURES- The psalms are the foundation to any Rhythm of Life or Daily Office book that you might find. They have served as THE prayer book for Christians for centuries. Jesus quoted the psalms more than any other book except Isaiah. Look for books on the Daily Office. These books will often provide you readings from both the Old and New Testament and give you balanced diet of spiritual food and topics. Many people have found that concluding their time with a specific prayer to be helpful (such as The Lord's Prayer or The Serenity Prayer or another prayer that is meaningful for you). What pattern do you have for reading Scriptures? What part of the day is best for you to do so?

FRIDAY: Psalms 3:2-6; Joshua 10:25; Job 17:15; Proverbs 13:12

KEY VERSE: Job 11:18

OBSERVATION: HOPE- What is the most precise rhythm device ever made by man? I guess watches are the most reliable rhythm devices. Citizen, Seiko, Casio, etc., fall somewhat below the threshold of desirable dress watches like Omega, Breitling, Baume & Mercier, etc. In April 17, 2005 TAG Heuer released another first at the Baselworld 2005 global watch mecca - the most accurate mechanical timepiece ever crafted, the "Calibre 360" Concept Chronograph. All these rhythm machines are very impressive and can also be very expensive. Man as a fascination for time and about creating perfect and accurate little rhythm machines called watches. My question is about the rhythm of your spiritual heart. Does your heartbeat lean towards God? How do you know you are not in Rhythm? What does it sound like?

SATURDAY: Genesis 2:2-3; Exodus 23:12; Ecclesiastes 2:24-25

KEY VERSE: Hebrews 4:4,9,10

OBSERVATION: REST- So how are we to know on what day the Sabbath lies? The Sabbath is the seventh day; not necessarily the seventh day of the week, but simply after 6 days of work. The point isn't that the Sabbath is on a specific day of the week, but that you establish that rhythm of resting -- both spiritually and physically -- on a regular basis. When you rest your body, you "recharge" your batteries, which gives you more energy to do things. When you rest your spirit, you recharge your soul, which gives you energy to face the hardships of the day. Both are extremely important to be healthy. When is your Sabbath? How long is it? What is your plan for Sabbath rest?