

*...learn from Me the unforced rhythms of grace...*

Loving.  
Living.  
Learning.

## **RHYTHM OF LIFE LENT GROUP WEEK 5 : REFLECTING**

**LEARNING** *“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” (Matthew 11:28-30)*

**REFLECTING** - How will I grow in Christian maturity, becoming the person God wants me to be, aided by study, learning new skills and reflection on my daily life?

### **OPENING WORSHIP**

**Hymns:** ‘O For A Closer Walk With God’ (words on video) & ‘No Longer Slaves’ (words on video)

### **Scripture**

There is no one better that we can learn from than Jesus himself, the Word made flesh. In committing time to learn more about Him and His teaching, we can grow more into His likeness.

### **Matthew 10 v 38-42**

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord’s feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, “Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.” But the Lord answered her, “Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.”

**VIDEO 1** (see separate sheet for transcript)

### **DISCUSSION**

- 1. What has this difficult time taught us so far?**
- 2. How does it feel to consider yourself beloved of God?**

### **TEA BREAK**

### **VIDEO 2**

### **DISCUSSION**

- 3. In what ways are you able to ‘sit at the feet’ of Jesus? Does anything stop you?**
- 4. Can you remember a moment when God’s loving insight transformed the way you thought about something?**

### **PLENARY & CLOSING PRAYER**

- 5. What could you do regularly to give yourself time to listen/read/learn and reflect on God God’s ways and how might you simply ‘be’ with God more often, in a loving, living, learning relationship?**

*Loving God, It is often hard to imagine ourselves sitting at your feet, making eye contact, hearing You breathe, speak. We are also tempted to avoid the deep work of learning about You through the scriptures from those who might broaden and deepen our understanding. Give us the grace to face the vulnerability of sitting before You, open to your loving gaze and transforming love, through Jesus Christ our Lord. Amen*