

Sacred Rhythm (with God) Spiritual Disciplines we refuse to compromise on

Psalm 46:10

"Be still and know that I am God" I will be exalted among the nations, I will be exalted in the earth."

- Be Still was written in the imperative
 - God gives us a solemn responsibility as disciples to walk in our covenant relationship with Him
- Be Still (Hebrew: **Raphah**) interestingly means "Be Weak"
- This command—"be still"—forces us to think on two things: that **we are finite**, and that **God is infinite**.
 - That being the case, we need to drop our hands, go limp, relax, and "Stand in Awe of God,"
 - Ryan has some cool stuff hes learning
- Psalm 46:10 encourages us to reflect on what God can do in the face of what we are **unable to do**.

As Christians, we have been called to know God & make God known AMONG THE NATIONS.

- God's determined "I WILL" statement tells us...
 - He will be exalted among the nations.

Q: The Question is...will he be exalted through you?... or will God have to find someone else who views their daily time with Him... as a sacred time to be weak and allow God to fill you with His strength.

- When something is sacred...its non-negotiable
- You carve out time every day to invest in knowing God
- Q: Why?** Because your soul longs to know God
- A determined "I WILL" passion to know God... strengthens the soul of your leadership & Fuels your desire to make God Known

How do you know if you truly have a sacred rhythm with God?

1. Seek to KNOW God

Exodus 33:7-16

Now Moses used to take a tent and pitch it outside the camp some distance away, calling it the "tent of meeting." Anyone inquiring of the Lord would go to the tent of meeting outside the camp. ⁸And whenever Moses went out to the tent, all the people rose and stood at the entrances to their tents, watching Moses until he entered the tent. ⁹As Moses went into the tent, the pillar of cloud would come down and stay

at the entrance, while the Lord spoke with Moses. ¹⁰Whenever the people saw the pillar of cloud standing at the entrance to the tent, they all stood and worshiped, each at the entrance to their tent. ¹¹The Lord would speak to Moses face to face, as one speaks to a friend. Then Moses would return to the camp, but his young aide Joshua son of Nun did not leave the tent.

Q: Why do you need sacred rhythm?

a. Why Prayer?

1. To Develop a friendship or family with God (v.11)
2. To connect with God and others through prayer - Luke 11:1-4
3. To Humble yourself before God
 - a. Early in the morning- Mark 1:35, David Ps. 5:1-ff, Psalm 1:1-3,
 - b. Daniel prayed 3x's per day
4. Feed Your Soul- Psalm 42:1
As the deer pants for the water...so my soul longs after you
5. Re-charge- Luke 5:16
*But Jesus often **withdrew to lonely** places and prayed.*

b. Why Bible Study?

Psalm 119:11,16 and 28

- V.11 I have hidden your word in my heart **so that I might not sin against you**
- V.16 I delight in your decrees. I will not neglect your word(
- V.28 **Strengthen me** according to your word

Isaiah 55:8 -11

- God's word **NEVER** comes back empty
- God's word **ALWAYS** accomplishes the purpose for which it was sent

c. Why Fasting?

Matthew 6:16-17

***"When you fast,** do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. **But when you fast,** put oil on your head and wash your face,*

d. Why Confession of sin?

James 5:16

- Healing

STATEMENT: We need our relationship with God... our non-negotiable sacred rhythms to feed our souls and connect us with our heavenly father:

Psalm 73:1-17

(Asaph was assigned to be worship leader in the tabernacle by David...He was also listed as a seer or Prophet)

- He seems to be like you and me in that sometimes...as he looked at people, who were not, trying to follow God's commands have life easier
- The people seemed like they have all these gifts using it for themselves to bring praise and amass wealth for themselves.
- Asaph confesses his struggle. His struggles was real like yours and mine.
- He's getting real because he himself seems to be gifted... yet he knew where his gifts came from.
- In his times worshipping God...the sober reality would kick in
 - V.17 As he entered the sanctuary with God...Then he would understand their final destiny
- When we set time apart to be with God... to cherish that time as sacred... we will not be perfect. However, we will be far more like to enter the sanctuary and have a genuine relationship with God.