



Hello REVIVE Family!

Today we are starting a new series called, "Rhythms of Grace."

Our goals of this series include the following:

- ★ We want to experience more of God's grace through diving into spiritual rhythms and disciplines.
- ★ As we experience God's grace for us, we also want to allow ourselves to soak in grace mentally, emotionally, relationally, physically, etc. through rhythms or practices we can implement in our own life.
- ★ We need to recognize that there is a constant battle against the evil one with our flesh, therefore we need to learn how to put things in place offensively and defensively as we go into battle.

In order to recognize and establish rhythms of grace in our own life, we need to first recognize rhythms of sin or cycles of sin. Read Genesis 3 on the fall. In verses 1-13 try and recognize the pattern of sin, and also how that may connect to our life. Highlight or circle things that stand out to you. Then you will have a space to reflect on how we can implement rhythms, patterns or habits in our own life to experience a better quality of life.



Genesis 3- The Fall:

Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree in the garden'?" 2 And the woman said to the serpent, "We may eat of the fruit of the trees in the garden, 3 but God said, 'You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die.'" 4 But the serpent said to the woman, "You will not surely die. 5 For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." 6 So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. 7 Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths. 8 And they heard the sound of the Lord God walking in the garden in the cool[c] of the day, and the man and his wife hid themselves from the presence of the Lord God among the trees of the garden. 9 But the Lord God called to the man and said to him, "Where are you?" 10 And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself." 11 He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" 12 The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate." 13 Then the Lord God said to the woman, "What is this that you have done?" The woman said, "The serpent deceived me, and I ate."

Here is a cycle or rhythm of sin I noticed in Genesis 3. (Note how this pattern is similar to when we fall into sin or unhealthy patterns, and think about how you can break unhealthy chains in your own life.)

1. **Questioning**- in verse 1, the serpent questioned God's words to Eve, then Eve questions what she heard from God.
2. **Deceit or temptation**- in verse 4 the serpent twists God's words and tells Eve that if she eats the fruit her eyes will be opened and she will be like God.
3. **Sharing of sin**- Others bring us into sin or we bring others into sin. In verse 6, Eve shares the fruit with Adam.
4. **Shame**- In verse 7, Adam and Eve realize they were naked and sewed fig leaves together for loincloths.
5. **Guilt/fear**- in verses 9-10, Adam runs and hides from God.
6. **Blame**- in verses 12-13, Adam blames Eve and then the woman blames the serpent.



Reflection Questions and Application:

1. In your life, which part of the cycle of sin do you struggle with the most? Talk to God and bring it to him.
2. How do you think you can combat the cycle of sin with rhythms of grace? Write down action items or things you can do through the year to keep you accountable.

Daily:


Weekly:

Monthly:

Quarterly:

Annually:

3. What can some of your new spiritual rhythms or rhythms of grace be in this new year? Think mentally, emotionally, relationally, physically, spiritually, financially, etc.



May the Lord bless you in your journey. May you be refreshed knowing that God has forgiven you, clothed you, and gave his one and only son for you! May you step into his hope and know that his newness, goodness, and provision is tangible. Blessings and love, REVIVE family!

Hope to see you this Saturday at 2:00 p.m., via zoom!