

**Rhythm  
Stomp**

Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.  
Romans 12:2 MSG

**Basics Of Rhythm:**

**I. Rhythm Is \_\_\_\_\_.**

28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light." **Matthew 11:28-30**

**II. Rhythm Is \_\_\_\_\_.**

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. **Romans 12:1** MSG

**Rhythms Of Jesus:**

**I. Jesus \_\_\_\_\_ Regularly.**

15 But despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. 16 But Jesus often withdrew to the wilderness for prayer. **Luke 5:15-16**

35 Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. 36 Later Simon and the others went out to find him. 37 When they found him, they said, "Everyone is looking for you." **Mark 1:35-37**

**II. Jesus \_\_\_\_\_ Scripture.**

But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" **Matthew 4:4**

Additional Notes:

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Romans 12:2 MSG

### Basics Of Rhythm:

#### I. Rhythm Is Learned.

28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light." **Matthew 11:28-30**

#### II. Rhythm Is Repeated.

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. **Romans 12:1** MSG

### Rhythms Of Jesus:

#### I. Jesus Prayed Regularly.

15 But despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. 16 But Jesus often withdrew to the wilderness for prayer. **Luke 5:15-16**

35 Before daybreak the next morning, Jesus got up and went out to an isolated place to pray. 36 Later Simon and the others went out to find him. 37 When they found him, they said, "Everyone is looking for you." **Mark 1:35-37**

#### II. Jesus Valued Scripture.

But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" **Matthew 4:4**

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