

SPRING 2023

# **SEASONS + JESUS**

DISCIPLESHIP TRIADS - RESOURCES



Walking with Jesus is the most beautiful experience; however, commitment to spiritual disciplines is a key element to making this possible.

Seasons + Jesus was created to be a safe space for Christians and non-Christians to grow closer to Jesus by being mentored by someone who has walked the path of discipleship.

Many wish to go back to past seasons, and many hope to move forward to the next season, Seasons + Jesus is meant to encourage everyone to be present in their current season and thrive in their God-given calling.



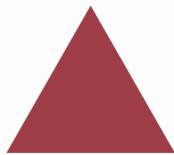
# LIFE RHYTHMS:



Presence: Being with God



People: Those who I'm  
doing life with



Purpose: The reason why I  
was created

Life Rhythms or also known in the ancient world as Rule of Life, are meant to be crafted in partnership with God, and are encouraged to be revised as often as needed as seasons change.

In this document, you will find four weeks of Scripture Reading, reflection, and application for your own Life Rhythms.



# ABIDE + BEAR FRUIT

1. Read John 15: 1-11, and reflect on what it means to abide and bear fruit.
2. Jesus told His disciples that in order to grow, they needed to abide. Abiding is not a passive activity, we need to be intentional. How are you intentionally abiding in your daily life?
3. Jesus said that bearing fruit is to glorify God and to prove that we are His disciples. Are your fruits reflecting your faith and honoring God?
4. Read again John 15:11, and reflect on the joy Jesus is talking about. Are you experiencing this type of joy during this season?



# PRESENCE RHYTHMS



Presence: Being with God

- Solitude
- Silence
- Fasting
- Meditation
- Study
- Prayer

1. Read Luke 4:1-15, and reflect on how Jesus experienced Rhythms of Presence.
2. Which of these rhythms is easier for you to practice? And which ones are harder?
3. Take a few minutes to pray and ask God if there are any changes you need to make in this area of your Life Rhythms.



# PEOPLE RHYTHMS



People: Those who I'm  
doing life with

- Confession
- Worship
- Generosity
- Guidance
- Celebration

1. Read Acts 2:42-47, and reflect on how the first followers of Jesus lived their lives.
2. How are you being influenced by the culture around you in this season?
3. How are you and those whom you are doing life with influencing the culture around you?
4. Take a few minutes to pray and ask God if there are any changes you need to make in this area of your Life Rhythms.



# PURPOSE RHYTHMS



Purpose: The reason why I was created

- Simplicity
- Rest
- Acting in Power
- Acting in Kindness

1. Read Mark 6:1-13, and reflect on the Purpose Rhythms.
2. Simplicity can be translated to "being indifferent to everything but the will of God", are you living in alignment with this truth?
3. How often are you tempted to act on your own abilities, rather than acting in the power of the Holy Spirit?
4. Take a few minutes to pray and ask God if there are any changes you need to make in this area of your Life Rhythms.

