

RHYTHM:

a weekly reflection guide for students

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YEAR C	HANNAH JONES-NELSON		

Rhythm is a weekly lectionary reflection guide designed with students in mind! Each week you'll find lectionary readings from the Old Testament, Psalms, New Testament, and Gospels, along with different types of questions and readings to reflect on. *Rhythm* will help students connect with God and each week's readings in various ways, challenging students to put what they're hearing into practice throughout the week.

Rhythm: A Weekly Reflection Guide for Students can be used in a small group setting, as a guide for youth group time, or even with adults! We hope you find *Rhythm* as something that leads you and your students into a deeper faith.

Notes

We Practice...

Have you ever met a super-fan? Someone who loves a sport or an artist and always talks about it? What if we loved Jesus so much that we had to tell everyone we knew? It can be a little overwhelming to think about sharing our faith - we might feel like we need to have every answer or the perfect words, but that's not true. This week, practice sharing about what Jesus has done in your life or what Jesus means to you. Maybe start by sharing this with an adult or a friend who already knows Jesus. That can help you practice what you're saying and feel more comfortable with sharing. Then, maybe try talking to someone who knows you attend church or are a Christian - Easter is a great time to have these conversations! Share why you're excited to celebrate Easter and see where that conversation might lead.

We Read...

Easter reminds us that new life has come and new life is coming. Jesus has ushered in God's kingdom - we get to be a part of bringing in God's peace and goodness here on earth right now. The world isn't perfect, and it won't be until the end when God makes all things new. But we get to experience living in this in-between time: the already but not yet. Jesus has already brought God's presence here to earth, but it's not yet fully redeemed. The beauty here is that in the already, we get to partner with God to be Jesus's hands and feet, bring the good news to people, and live into God's kingdom right now. We get to testify to the presence of Jesus in our lives, to the work he's done in our hearts, and to invite others to join in on this journey, too!

Isaiah 65:17-25

- ¹⁷ Look! I'm creating
a new heaven and a new earth:
past events won't be remembered;
they won't come to mind.
- ¹⁸ Be glad and rejoice forever
in what I'm creating,
because I'm creating Jerusalem as a joy
and her people as a source of gladness.
- ¹⁹ I will rejoice in Jerusalem
and be glad about my people.
No one will ever hear the sound
of weeping or crying in it again.
- ²⁰ No more will babies live only a few days,
or the old fail to live out their days.
The one who dies at a hundred
will be like a young person,
and the one falling short of a hundred
will seem cursed.
- ²¹ They will build houses and live in them;

they will plant vineyards
and eat their fruit.

²² They won't build for others to live in,
nor plant for others to eat.

Like the days of a tree
will be the days of my people;
my chosen will make full use
of their handiwork.

23 They won't labor in vain,
nor bear children to a world of horrors,
because they will be people
blessed by the LORD,
they along with their descendants.

²⁴ Before they call, I will answer;
while they are still speaking, I will hear.

²⁵ Wolf and lamb will graze together,
and the lion will eat straw like the ox,
but the snake—its food will be dust.

They won't hurt or destroy
at any place on my holy mountain,
says the LORD.

Psalm 118:1-2, 14-24

¹ Give thanks to the LORD
because he is good,
because his faithful love lasts forever.

² Let Israel say it:
"God's faithful love lasts forever!"

¹⁴ The LORD was my strength
and protection;
he was my saving help!

Notes

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We Believe...

He has risen! He is risen indeed. We believe that Jesus lived as a real person, died a real death, and was resurrected to life again. This is a core belief in our tradition and for Christians of all denominations and backgrounds. We believe that Jesus is fully human and fully God, that Jesus offers us full life, and that Jesus is the way and the truth. The good news of Jesus is that God loves us, has chosen us, hears and sees us, and cares for us enough to come to live beside us & walk with us in all parts of life. Jesus gave us his Spirit to experience God's presence in all moments - this is good news for us!

- ¹⁵ The sounds of joyful songs
and deliverance
are heard in the tents of the righteous:
"The LORD's strong hand is victorious!"
- ¹⁶ The LORD's strong hand is ready to strike!
The LORD's strong hand is victorious!"
- ¹⁷ I won't die—no, I will live
and declare what the LORD has done.
- ¹⁸ Yes, the LORD definitely disciplined me,
but he didn't hand me over to death.
- ¹⁹ Open the gates of righteousness for me
so I can come in
and give thanks to the LORD!
- ²⁰ This is the LORD's gate;
those who are righteous
enter through it.
- ²¹ I thank you because you answered me,
because you were my saving help.
- ²² The stone rejected by the builders
is now the main foundation stone!
- ²³ This has happened because of the LORD;
it is astounding in our sight!
- ²⁴ This is the day the LORD acted;
we will rejoice and celebrate in it!

Acts 10:34-43

³⁴ Peter said, "I really am learning that God doesn't show partiality to one group of people over another. ³⁵ Rather, in every nation, whoever worships him and does what is right is acceptable to him. ³⁶ This is the message of peace he sent to the Israelites by proclaiming the good news through Jesus Christ: He is Lord of all! ³⁷ You know what happened throughout Judea, beginning in Galilee after the baptism John preached. ³⁸ You know about Jesus of Nazareth, whom God anointed with

the Holy Spirit and endowed with power. Jesus traveled around doing good and healing everyone oppressed by the devil because God was with him. ³⁹ We are witnesses of everything he did, both in Judea and in Jerusalem. They killed him by hanging him on a tree, ⁴⁰ but God raised him up on the third day and allowed him to be seen, ⁴¹ not by everyone but by us. We are witnesses whom God chose beforehand, who ate and drank with him after God raised him from the dead. ⁴² He commanded us to preach to the people and to testify that he is the one whom God appointed as judge of the living and the dead. ⁴³ All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name."

Luke 24:1-12

Very early in the morning on the first day of the week, the women went to the tomb, bringing the fragrant spices they had prepared. ² They found the stone rolled away from the tomb, ³ but when they went in, they didn't find the body of the Lord Jesus. ⁴ They didn't know what to make of this. Suddenly, two men were standing beside them in gleaming bright clothing. ⁵ The women were frightened and bowed their faces toward the ground, but the men said to them, "Why do you look for the living among the dead? ⁶ He isn't here, but has been raised. Remember what he told you while he was still in Galilee, ⁷ that the Human One must be handed over to sinners, be crucified, and on the third day rise again." ⁸ Then they remembered his words. ⁹ When they returned from the tomb, they reported all these things to the eleven and all the others. ¹⁰ It was Mary Magdalene, Joanna, Mary the mother of James, and the other women with them who told these things to the apostles. ¹¹ Their words struck the apostles as nonsense, and they didn't believe the women. ¹² But Peter ran to the tomb. When he bent over to look inside, he saw only the linen cloth. Then he returned home, wondering what had happened.

Notes

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We Feel...

- What emotions are you experiencing today? How are you making space for these feelings?
- Where have you seen God today or this week? What is pointing you to God (maybe it is something in creation, a friend or adult that cares for you)?
- What has God made new in your life? In your heart?
- When have you experienced God's goodness? What does the good news of Jesus mean to you?
- How have you testified (or shared) about your relationship with Jesus?

Notes

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We Think...

- What stands out to you in these verses? Does anything confuse you or not make sense?
- How do these verses compare to your own experience in life or the church? What are you considering? What questions come to mind?
- In Luke 24, the women brought spices to anoint Jesus's body. What does this tell us about what they expected to find? Were they anticipating his resurrection? Or were they going about life, assuming Jesus would stay in the tomb?
- Jesus could have chosen to appear to anyone to announce the good news that he had risen - why did he choose the women?

Notes