



RHYTHM:

a weekly reflection guide for students

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What is Rhythm?

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 is broken up into five sections, each with a unique purpose. In *We Read*, students are guided in reflecting on an initial reading of the week's passages. In *We Think...* students are encouraged to engage scripture on a deeper level by asking questions about the text. *We Feel* invites students to engage their emotions, bringing their feelings into conversation with God's word. In *We Believe*, students are invited to connect what they've read in scripture to the larger Wesleyan theological heritage. Finally, *We Practice* guides students in discovering the practices they might use to help develop a rhythm of life shaped by scripture and the community of faith to which they belong.

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.

We Practice...

This week, intentionally find a way to praise God. Maybe this comes through reading Psalm 30 every morning and reflecting on how God has come through for you. Perhaps this resembles sharing a social media post praising God every day. Maybe you find a group of friends to connect with every afternoon and share praises together. Whatever it is, try to do this every day and then reflect on your experience at the end of the week.

Notes

We Read...

Naaman had a disease that no one could help with, until someone pointed him to God. Even though the young girl was in a terrible position, she still helped Namaan carry this burden and told him who to talk to. What does it mean to carry burdens for each other, as Galatians 6 tells us to do? How can we come alongside others and point them to Jesus? Namaan had to learn about God from someone, and even though the young girl wasn't powerful, old, or well-known, she changed his life.

Yet even in this encounter, Namaan wanted to control how God worked. He wanted to rejoice in his own power and ability to control, but Elijah challenged him to be healed in a way that would mean releasing this control. Both Luke and Galatians remind us that we shouldn't rejoice or boast in our power and strength; instead, we are called to praise God, just as the Psalmist does.

2 Kings 5:1-14

5 Naaman, a general for the king of Aram, was a great man and highly regarded by his master, because through him the LORD had given victory to Aram. This man was a mighty warrior, but he had a skin disease. ² Now Aramean raiding parties had gone out and captured a young girl from the land of Israel. She served Naaman's wife.

³ She said to her mistress, "I wish that my master could come before the prophet who lives in Samaria. He would cure him of his skin disease." ⁴ So Naaman went and told his master what the young girl from the land of Israel had said.

⁵ Then Aram's king said, "Go ahead. I will send a letter to Israel's king."

So Naaman left. He took along ten kikkars of silver, six thousand shekels of gold, and ten changes of clothing. ⁶ He brought the letter to Israel's king. It read, "Along with this letter I'm sending you my servant Naaman so you can cure him of his skin disease."

⁷ When the king of Israel read the letter, he ripped his clothes. He said, "What? Am I God to hand out death and life? But this

king writes me, asking me to cure someone of his skin disease! You must realize that he wants to start a fight with me.”

⁸ When Elisha the man of God heard that Israel’s king had ripped his clothes, he sent word to the king: “Why did you rip your clothes? Let the man come to me. Then he’ll know that there’s a prophet in Israel.”

⁹ Naaman arrived with his horses and chariots. He stopped at the door of Elisha’s house. ¹⁰ Elisha sent out a messenger who said, “Go and wash seven times in the Jordan River. Then your skin will be restored and become clean.”

¹¹ But Naaman went away in anger. He said, “I thought for sure that he’d come out, stand and call on the name of the LORD his God, wave his hand over the bad spot, and cure the skin disease. ¹² Aren’t the rivers in Damascus, the Abana and the Pharpar, better than all Israel’s waters? Couldn’t I wash in them and get clean?” So he turned away and proceeded to leave in anger.

¹³ Naaman’s servants came up to him and spoke to him: “Our father, if the prophet had told you to do something difficult, wouldn’t you have done it? All he said to you was, ‘Wash and become clean.’ ” ¹⁴ So Naaman went down and bathed in the Jordan seven times, just as the man of God had said. His skin was restored like that of a young boy, and he became clean.

Psalms 30

¹ I exalt you, LORD,

because you pulled me up;
you didn’t let my enemies
celebrate over me.

² LORD, my God, I cried out to you for help,
and you healed me.

³ LORD, you brought me up
from the grave,
brought me back to life from among
those going down to the pit.

⁴ You who are faithful to the LORD,

We Believe...

We believe that there is power in being part of a community. We have been created to do life together, and we are better when we are in community. We need people to point us to Jesus - to carry our burdens when life feels too hard. We have the chance to be a support system for others who feel like they can’t walk any farther. When we join together, it becomes easier to see God at work, to know that God is with us, and to praise God even in the darkest valleys.

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sing praises to him;

give thanks to his holy name!

⁵ His anger lasts for only a second,
but his favor lasts a lifetime.

Weeping may stay all night,
but by morning, joy!

⁶ When I was comfortable, I said,
"I will never stumble."

⁷ Because it pleased you, LORD,
you made me a strong mountain.

But then you hid your presence.
I was terrified.

⁸ I cried out to you, LORD.

I begged my Lord for mercy:

⁹ "What is to be gained by my spilled blood,
by my going down into the pit?

Does dust thank you?

Does it proclaim your faithfulness?

¹⁰ LORD, listen and have mercy on me!"
LORD, be my helper!

¹¹ You changed my mourning
into dancing.

You took off my funeral clothes
and dressed me up in joy

¹² so that my whole being
might sing praises to you
and never stop.

LORD, my God,

I will give thanks to you forever.

Galatians 6:1-16

6 Brothers and sisters, if a person is caught doing something wrong, you who are spiritual should restore someone like this with a spirit of gentleness. Watch out for yourselves so you won't be tempted too. ² Carry each other's burdens and so you will fulfill the law of Christ. ³ If anyone thinks they are important when they aren't, they're fooling themselves. ⁴ Each person should test their own work and be happy with doing a good job and not compare themselves with others. ⁵ Each person will have to carry their own load.

⁶ Those who are taught the word should share all good things with their teacher. ⁷ Make no mistake, God is not mocked. A person will harvest what they plant. ⁸ Those who plant only for their own benefit will harvest devastation from their selfishness, but those who plant for the benefit of the Spirit will harvest eternal life from the Spirit. ⁹ Let's not get tired of doing good, because in time we'll have a harvest if we don't give up. ¹⁰ So then, let's work for the good of all whenever we have an opportunity, and especially for those in the household of faith.

¹¹ Look at the large letters I'm making with my own handwriting! ¹² Whoever wants to look good by human standards will try to get you to be circumcised, but only so they won't be harassed for the cross of Christ. ¹³ Those who are circumcised don't observe the Law themselves, but they want you to be circumcised, so they can boast about your physical body.

¹⁴ But as for me, God forbid that I should boast about anything except for the cross of our Lord Jesus Christ. The world has been crucified to me through him, and I have been crucified to the world. ¹⁵ Being circumcised or not being circumcised doesn't mean anything. What matters is a new creation. ¹⁶ May peace and mercy be on whoever follows this rule and on God's Israel.

Luke 10:1-11

10 After these things, the Lord commissioned seventy-two others and sent them on ahead in pairs to every city and place he was about to go. ² He said to them, "The harvest is bigger than you can imagine, but there are few workers. Therefore, plead with the Lord of the harvest to send out workers for his harvest. ³ Go! Be warned, though, that I'm sending you out as lambs among wolves. ⁴ Carry no wallet, no bag, and no sandals. Don't even greet anyone along the way. ⁵ Whenever you enter a

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 has someone helped point you to Jesus? How have you done the same for others?
- What skills or talents has Jesus given you that you can use to glorify him?

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house, first say, 'May peace be on this house.' ⁶ If anyone there shares God's peace, then your peace will rest on that person. If not, your blessing will return to you. ⁷ Remain in this house, eating and drinking whatever they set before you, for workers deserve their pay. Don't move from house to house. ⁸ Whenever you enter a city and its people welcome you, eat what they set before you. ⁹ Heal the sick who are there, and say to them, 'God's kingdom has come upon you.' ¹⁰ Whenever you enter a city and the people don't welcome you, go out into the streets and say, ¹¹ 'As a complaint against you, we brush off the dust of your city that has collected on our feet. But know this: God's kingdom has come to you.'

Luke 10:16–20

¹⁶ Whoever listens to you listens to me. Whoever rejects you rejects me. Whoever rejects me rejects the one who sent me."

¹⁷ The seventy-two returned joyously, saying, "Lord, even the demons submit themselves to us in your name."

¹⁸ Jesus replied, "I saw Satan fall from heaven like lightning.

¹⁹ Look, I have given you authority to crush snakes and scorpions underfoot. I have given you authority over all the power of the enemy. Nothing will harm you. ²⁰ Nevertheless, don't rejoice because the spirits submit to you. Rejoice instead that your names are written in heaven."

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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?
- How do you think Namaan felt as he bathed 7 times? Do you think by time 5 or 6, he worried that maybe God wouldn't come through for him?
- What does it mean to carry burdens for one another?
- How can we rejoice when life doesn't feel good? Why is it important to do this?