

Rhythms and Boundaries

Mature - Part 5

November 2, 2025

Discussion Questions:

1. Where do you feel the most out of rhythm right now - relationally, physically, emotionally, or mentally? How is that affecting your ability to enjoy God?
2. Read Proverbs 4:23 and Proverbs 18:24. Who has the most influence on your heart right now? If you wrote your “sticky note list,” who would make it and who might need to lose access to your peace?
3. Read Psalm 131:1–2. What’s one area of your life where you’ve been saying “yes” when God has been inviting you to say “no”? How could saying “no” in this area actually free you to love people better?
4. Read Romans 12:1 and 1 Corinthians 6:19-20. Are you currently treating your body more like a tool to keep up or a temple to glorify God?
What would it look like this week to treat movement, rest, or health as worship instead of work?
5. Read Romans 12:2 and Philippians 4:8. Consider which inputs (social media, news, people, comparison) are draining your peace. How can you begin filtering them through whatever is true, right, pure, and lovely?
6. Which one boundary - relational, emotional, physical, or mental - do you sense God calling you to strengthen first? What’s one practical change you can make this week to create sacred space and rediscover rhythm with Him?