

I N S Y N C

F I N D I N G R H Y T H M

Order of Service | August 29, 2021

Worship Team.....	Great Things
Welcome	
Worship Team.....	Yes I Will Fill This Place
Message.....	Senior Pastor Jay Bruner <i>In Sync</i> (Week 2)
Offering/Dismissal	

FINDING RHYTHM = ENJOYING THE SEASONS OF LIFE

For everything there is a season, a time for every activity under heaven. A time to be born and a time to die. A time to plant and a time to harvest. Ecclesiastes 3:1-2 (NLT)

Yet God has made everything beautiful for its own time... Eccl. 3:11 (NLT)

Types of Rhythms:

Chronos - seasons and cycles

Kairos - moments and events

HOW TO GET IN RHYTHM WITH THE SEASONS (COLORS) OF LIFE

1. Begin by recognizing and understanding the seasons (colors) of life.

For everything there is a season, a time for every activity under heaven. Ecclesiastes 3:1 (NLT)

Our days may come to seventy years, or eighty, if our strength endures... (So God) Teach us to number our days, that we may gain a heart of wisdom. Psalm 90:10 & 12 (NIV)

Childhood - (0-12) This is where we discover our self-worth and identity.
Adolescence - (12-18) The defining of identity, developing the skills, and preparing to launch into life well.

Young adulthood - (18-35) The foundation of individual life and building years.

Middle adulthood - (35-60) These are the production years.

Later life - (60+) These are the legacy years.

2. Learn to actively embrace and engage the season (color) I am in.

... there is... a time for every activity under heaven... time to plant and a time to harvest. Ecclesiastes 3:1-2 (NLT)

A sustainable pace is getting in sync with the season I am in and doing what I should be doing in *that season only*.

3. Partner with the Creator of life to help me be intentional about redeeming the season (color) I am in.

*...be careful how you live. Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what **the Lord wants you to do**. Don't be drunk with wine, because that will ruin your life. Instead, **be filled with the Holy Spirit**, singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts.*

Ephesians 5:15-19 (NLT)

If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking. James 1:5 (NLT)

Get all the advice and instruction you can, so you will be wise the rest of your life. Proverbs 19:20 (NLT)

**The key to making the most of the seasons of my life is
INTENTIONAL RITUALS.**

Going deeper on your own: Review today's message notes and then take time to pray and meditate about these questions: What season am I in now? What should I be doing in this season of my life? What should I not be wasting my time on during this season? Who is currently in my life, and what is my role in my relationship with them? What key rituals should I incorporate to ensure I embrace God in every season I get to live? Write the answers down and meet with your spouse or a trusted friend to discuss what the Lord has revealed to you.