

CREATE A RHYTHM

Bridge of Hope Church
Deuteronomy 060409-061211
Create a Rhythm

Hello, everyone! I am Kandy Bennett, one of the Team Pastors here at Bridge of Hope. We already talked about “Imagine the End,” in order to stay focused on the big picture: it is infinite love that is linked to His character. “Fight for the Heart” where families must be loving God with all their hearts: it is a compelling love that moves us to trust our hearts. “Make it Personal” to let our kids and younger generations see what God is doing in their parents: it is a contagious love that we demonstrate personally. I want all of you to stand up and join me in an exercise! This is Jason Raynes, another Team Pastor here, and I’m going to ask him to help me demonstrate this exercise.

First, you start with a clap; then you kind of give a right-handed “low” 5 to the person’s hand diagonally across from yours (which should be their right hand, also). Then you clap again, and then you use your left hand to palm slap the other person’s left hand; clap again. Then you use both hands to palm slap each other’s hands. Now, instead of another hand clap, you cross your arms over your chest and slap your shoulders. After slapping your shoulders, you slap both hands down onto your legs. Now turn to a person nearby and try this childhood rhythmic sing-song:

*When Billy Boy was 1 ... he learned to suck his thumb
Singing “Aye-yucka, aye-yucka,” half past 1, slap down
When Billy Boy was 2 ... he learned to tie his shoe
Singing “Aye-yucka, aye-yucka,” half past 2, slap down
When Billy Boy was 3 ... he learned to climb a tree
Singing “Aye-yucka, aye-yucka,” half past 3, slap down
When Billy Boy was 4 ... he learned to shut the door
Singing “Aye-yucka, aye-yucka,” half past 4, slap down*

If you had trouble learning that, you may be rhythmic or coordination-challenged!! Or, you may just be getting too old to learn new tricks!! Today’s sermon is entitled, Create a Rhythm! And it doesn’t have to be as complicated as the one we just learned!!

• God’s Rhythm:

1. Did you know that God has rhythm? There is a pattern and orderliness all throughout God’s creation, and He is the creator of all things, including rhythm. Just watch a 2 or 3 year old. Put on music with a distinct beat, and they will start to bounce, sway, or clap to the rhythm. It is born within us to naturally respond to rhythm.
2. When we use the term rhythm today, I don’t want you to just think musically. Nor do I want you to just think of the rhythm we find in poetry. That is another example of why young children love the Mother Goose nursery rhymes. They love the consistent rhythmic pattern found throughout: *Jack be nimble. Jack be quick. Jack jump over the candlestick!*
3. But, today I want you to think of something that is natural, constant, and repeating over and over in a pattern of life.
4. God had placed natural rhythms in the lives of the people of Israel as they traveled through the wilderness: Manna
 - a. For the first 6 days of each week, early in the morning, they had to go out of their tents and collect the manna, which God sent from heaven. This was their daily bread. As the sun rose higher the manna would disappear from the ground, so it had to be collected early each day, except the Sabbath. They collected twice as much on the 6th day.
5. Another rhythm God placed in their lives was the pillar of cloud by day.
 - a. This was an actual cloud formation in the shape of a pillar that hovered low above the tabernacle.

CREATE A RHYTHM

- b. If the pillar of cloud rose up higher and started to move, then this would be the signal for all of the Israelites to pack up their tents, belongings, children, etc. and get ready to “hit the road.”
 6. At night He provided the pillar of fire. This was their miraculous light at night.
 7. These were all visible and tangible reminders that God was with them.
 8. In our Deuteronomy passage, Moses is preparing them for when they enter the Promised Land; most of these reminders would not be there. Moses was challenging the people to create new rhythms in their lives in order to remember God and to be able to pass their faith and their personal stories of God’s miracles on to their children and the next generation.
 9. Let’s read out loud the Shema and notice the natural rhythms which God says are opportunities to remember Him and to keep Him in the center of their lives.
 - 10. Deuteronomy 6:4-9 (NIV)**
4 Hear, O Israel: The LORD our God, the LORD is one. 5 Love the LORD your God with all your heart and with all your soul and with all your strength. 6 These commandments that I give you today are to be on your hearts. 7 Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. 8 Tie them as symbols on your hands and bind them on your foreheads. 9 Write them on the doorframes of your houses and on your gates.
 11. Reggie Joiner interprets it this way: **“If you are going to impress these truths in the hearts of your children, you will have to be more deliberate about *creating a rhythm* within your home. In the future, there will be a host of things that will distract you, and it will be easy to drift away from the importance of having an *everyday* kind of faith.”¹**
 12. Moses was saying to them and to us that we need to be:
 - a. More conscious ... More deliberate ...More innovative
- **We Need Rhythm:** we need rhythm, or a consistent pattern in our lives.
 1. The reality is this: we need Godly rhythms in our lives. God’s object lessons for the people of Israel and then Moses’ instructions for entering into the land of promise are screaming at you and I....screaming that WE need to create rhythm in our lives.
 2. We see rhythm in the way God created the seasons....in the way our created bodies work....and a host of other very natural occurring things in our world....rhythms and cycles show how our God is a God of order and organization and not chaos....and He desires our lives to be lived in such a way...because when we do live in such a way, our lives point directly to Him....
 3. Why is this such a struggle? Because humans have the tendency to define God and his impact in our lives so narrowly, that we can actually separate him from our everyday life experience.
 4. We struggle to realize that everything is connected to God’s story and instead we categorize and segment our faith journeys. In essence we separate what is spiritual from what is secular.
 5. We have a real problem on our hands because it is so easy to do this... to categorize God... to place Him in His place in our lives instead of allowing Him to be the center of our lives and everything else being seen through His lens.
 6. We must remember that everything is connected to His story... that He is the main character in the story of life and not us.

¹ Reggie Joiner, Think Orange, page65

CREATE A RHYTHM

7. What are some rhythms or things I can do to establish this mind-set in my family, group of friends, or family group?

Game Show: NAME THAT RHYTHM

CONCLUSION

So, how do we create or utilize the natural patterns in our lives? We wanted to put something in your hands that you could take home and check into these possibilities. We gave you suggestions for daily devotions, games for a Game Night, books to enjoy reading out loud together, and movies that could be a Movie Night at home that can inspire some great discussion. We have suggestions for every age, married, singles, or parents! We didn't want to leave anybody out!

Including God throughout the day can be as simple as saying a prayer with your spouse or child or calling a friend at night to pray together before going to bed. We don't have to recite the Shema every morning and evening. But we can put on some Christian music that will start your day off right in the morning! Pray before your meals, acknowledging God as the provider and showing a heart of thanksgiving. Develop some simple questions to use at the dinner time, and don't allow the rest of the world to dictate your schedule!!! It's time to simplify your life and get back into God's Rhythm!

1. So many of us struggle with the truth that has been presented today. We allow things to either distract us and keep us from embracing the truth that God expects us to create rhythms in our lives. God is a God of rhythm and He utilizes rhythmic patterns and cycles, oftentimes to teach us. These rhythms are intended to help us remember how amazing He is and it also reminds us that we have to rely on Him. Reggie Joiner says it this way:
"The role of the family was being strategically positioned as the primary platform to display God's message of restoration to the hearts of every generation."²

Is there chaos in your life? Your home? Do you struggle with establishing rhythm and order in your life? Today, we are not only presenting information to you about God's desire for there to be rhythm in your life, but we also want to give you the opportunity to make a commitment before God to do life using His rhythms.

Maybe you are not a follower of Jesus and you would like to know Him...today is your day to do that. Maybe you are a follower of Jesus, but you struggle with having order and rhythm in your life...life just happens. Today is your opportunity to embrace God's desire for you to have rhythm in your life and to start establishing rhythm in your home that is centered on Jesus.

² Reggie Joiner, Think Orange, pg66