



COMMUNITIES
RESOURCES

*Rhythms for the
Journey*

Spring/Summer 2026

Welcome

These resources serve as a practical guide to sit alongside our preaching series *Rhythms for the Journey*, at Christ Church West Green. Our prayer is that this resources provides ways for us to go deeper into our shared faith, making life-giving connections between what we believe in our heads and the postures of our hearts: particularly in Communities.

Why Rhythms for the Journey?

Key to the life of following Jesus is doing the things that He did, and calls us to do.

This series helps us explore these spiritual practices - rooting them both in Scripture and in lived experience from the congregation.

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Prayer - Paying Attention to God

Luke 11:1–13

Summary

Prayer is not primarily about getting things from God but about *being with God*. Jesus teaches his disciples to pray not out of performance but with trust — addressing God as Father, bringing real needs, and learning dependence. Prayer forms us by reshaping our desires and attention. In a distracted and hurried world, prayer becomes a way of returning again and again to God's presence, even when it feels dry or difficult.

Discussion Questions

- What has most shaped your understanding of prayer — positively or negatively?
- When do you find prayer most natural, and when do you struggle? Why?
- What might it look like for prayer to be about attention rather than outcomes?
- What small, realistic rhythm of prayer could you try this week?

Generosity — Living Open-Handed Lives

2 Corinthians 9:6–11

Summary

Generosity is not ultimately about money but about freedom and trust. Paul describes giving as a response to God's grace — cheerful, willing, and rooted in God's provision. In a culture shaped by scarcity and accumulation, generosity becomes a counter-formation, loosening our grip on possessions and opening our lives to others. It forms us into people who trust that God is enough.

Discussion Questions

- What emotions or fears come up when you think about generosity?
- How does our culture shape our attitudes toward money and possessions?
- When have you experienced joy or freedom through giving?
- What is one practical way you could practise generosity this week?

Sabbath 1 - Stopping and Resting

Deuteronomy 5:12–15

Summary

Sabbath is a weekly rhythm of stopping, rooted in God's command and Israel's liberation from slavery. It is not just rest from work but rest with God, an act of trust that the world does not depend on us. Sabbath resists a culture of constant productivity and reminds us that we are not defined by what we do. It is a gift that reorients our lives around God's provision and presence.

Discussion Questions

- What makes it hard for you to truly stop and rest?
- How does Sabbath challenge the way you normally structure your time?
- What might Sabbath reveal about your need for control or productivity?
- What is one boundary you could set to begin practising Sabbath?

Sabbath 2 — Delight and Worship

Isaiah 58:13–14

Summary

Sabbath is not only about stopping but also about delight — enjoying God, creation, and life as a gift. Isaiah reframes Sabbath as a day of joy rather than restriction. This rhythm teaches us to receive rather than strive, to celebrate rather than achieve. Sabbath becomes a foretaste of God's coming kingdom, where rest and joy are fully restored.

Discussion Questions

- What activities help you experience delight and joy in God?
- How comfortable are you with rest that is joyful, not just restful?
- What tends to crowd out delight in your weekly rhythm?
- How could you intentionally build joy into your Sabbath practice?

Fasting 1 - Hungering for God

Matthew 4:1–4

Summary

Fasting is a practice of intentional hunger that reveals what truly sustains us. Jesus fasts in the wilderness, resisting the temptation to rely on anything other than God. Fasting exposes our deeper cravings and invites us to reorder our desires. It is not about proving spiritual strength but about learning dependence on God in a culture of constant consumption.

Discussion Questions

- What is your initial reaction to the idea of fasting?
- What might fasting reveal about your habits or dependencies?
- How could physical hunger help you become more aware of spiritual hunger?
- What is one simple way you might begin experimenting with fasting?

Fasting 2 — Justice and Renewal

Isaiah 58:6–12

Summary

True fasting is not only about abstaining from food but about aligning our lives with God's justice and compassion. Isaiah challenges empty religious practice and points to a fast that loosens injustice, serves others, and restores community. Fasting becomes a way of participating in God's renewal of the world, not just personal spirituality.

Discussion Questions

- How does this passage challenge common assumptions about fasting?
- In what ways could fasting lead to greater compassion for others?
- Where do you see a connection between spiritual practices and justice?
- How might fasting shape both your inner life and outward actions?

Sacraments 1 - Baptism: Identity and New Life

Romans 6:3–5

Summary

Baptism marks the beginning of the Christian life — a participation in Jesus' death and resurrection. It is not just a past event but an ongoing identity: we are people who are continually dying to sin and rising to new life. Baptism reminds us that our identity is received, not achieved, and that we belong to Christ and his people.

Discussion Questions

- What does baptism mean to you personally?
- How does baptism shape your understanding of identity?
- In what ways are you invited to “die and rise” in daily life?
- How can remembering baptism strengthen faith in difficult seasons?

Sacraments 2 — Eucharist: Being Fed Together

1 Corinthians 10:16–17

Summary

The Eucharist is a shared meal where we receive Christ's presence and grace together. It connects us to Jesus' self-giving love and unites us as one body. In receiving the bread and wine, we are reminded that we live by grace, not effort, and are sent to embody that same love in the world. It is both nourishment for the journey and a foretaste of the kingdom.

Discussion Questions

- How do you experience the Eucharist — routine, meaningful, confusing?
- What does it mean to be one body as we share in one bread?
- How does communion shape your understanding of grace?
- How might the Eucharist influence how you live during the week?

Thank You

Thank you for engaging with this Communities Resource for the *Rhythms for the Journey* series. If you have any feedback or questions then please do get in touch with Chris at chris.brees@ccwg.church.

