

NOTES

Rhythms

Message 1 | Building a Balanced Life

Ephesians 5:15-17 (NIV) _____

Three Principles for Building a Balanced Life:

1. Building healthy patterns and habits.

Matthew 16:26 (NIV), Mark 1:35 (NIV) _____

2. Implementing margin.

2 Corinthians 10:13 (NKJV) _____

3. Understanding your season of life.

Ecclesiastes 3:1-4 (NKJV) _____

Two Basic Types of Rhythms:

1. Seasonal rhythms _____

2. Daily rhythms _____

Ecclesiastes 3:11 (NKJV) _____

What is God speaking to me today? Who can I invite
to church? _____
