



EHS6 Navigating the Blizzard

A Triad is made up of three people at LWF who seek to *encourage, discern, and intercede* in each other's lives.

The goal is to become friends who meet weekly to help each other be apprentices of Jesus: learning to live with Him, become like Him, and walk in His ways. This is done in the power of the Holy Spirit, who is the transformative presence of Jesus in us.

In today's Triad meeting, we will discern the health of our life's pace. We'll also encourage one another towards healthy rhythms of time with Christ Jesus and His people.

Use the schedule below as a basic guideline, not a rigid framework.

- 0:00 – 0:10 Catch Up and Check In – How is everyone doing?
- 0:10 – 0:15 Cover Basic Logistics
- Any concerns or questions for your triad leader to relay to the LWF team?
- 0:15 – 0:20 Open with Scripture (Exodus 20:8-11), a 45-second period of silence/personal reflection, and then Prayer

⁸“Remember the Sabbath day, to keep it holy. ⁹Six days you shall labor, and do all your work, ¹⁰but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. ¹¹For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

- 0:20 – 0:50 **Discern: Blizzards and Rhythms; Building a Sacred Pace**
- The sixth chapter of EHS begins with the metaphor of a blizzard. “Blizzards begin when we say yes to too many things. . . Our overproductivity becomes counterproductive . . . We go through the motions of doing so many things as if there is no alternative way of spending our days. It is like being addicted – only it is not to drugs or alcohol but to tasks, to work, to doing,” (140). Part of living and working in an urban environment like Dallas is the constant pressure to be *doing* and *producing*, whether at work or at home or even when hanging out with friends. The alternative to the “blizzard” is a life of rhythms. Daily, weekly, and annual rhythms provide pattern, stability, and an expectancy to your life. With intentionality, rhythms create margin to consistently remember God as Lord and King.
- To what extent does the “blizzard” metaphor apply to your life right now?
 - How intentional are you about the rhythms in your life? How many of the rhythms you have put in place in your life were created intentionally to be with God and/or His people?
 - Scazzero distinguishes time with God to “get something” and time with God to “be with someone.” What obstacles exist in your schedule or maybe even psychologically to spending time(s) *with* God each day?
 - Many identify keeping Sabbath as simply attending a church service, but we see a scriptural pattern of Sabbath as a 24-hour period. What impact should understanding Sabbath as a full 24 hours set aside to stop, rest, delight, and contemplate (pp. 154-160) have on someone who is seeking to follow Christ?
 - Is there anything in your life you have recently *discerned* from God to either start or stop doing? What is God revealing in this discernment?



0:50 – 1:10

Encourage: Finding Your Way Back in the Blizzard

On p. 153, Scazzero notes the danger of legalism in keeping Sabbath. The same potential for legalism exists for maintaining a daily office. But the temptations around us in our culture in this season tend to push us less towards legalism and more towards licentiousness.

- How can you maintain a heart of grace for yourself as you seek to build healthy rhythms in your life?
- How might building spiritual rhythms of daily time with God and weekly sabbath positively influence one's emotional health?
- What will be the most difficult and most easy aspects of building and maintaining healthy rhythms in your life?

Going from blizzard chaos to “holding the rope” is often a complex and difficult transition. Building discipline is rarely easy and often requires friends to encourage you not just in the beginning, but along the way.

- How can your triad encourage you in your next steps? Who else would you want to invite to pray with and for you as you continue to seek a life of following Christ.

1:10 – 1:25

Intercede: Praying for One Another to Close

Based on the discussion and final questions of the previous section, pray for one another. As you pray, don't restrict yourself to the stated prayer requests alone, but allow yourself to be guided by the Spirit (i.e., *discern!*) to pray for God to work in one another's life.

Pray God would meet opportunities for growth with Christ's transformation by the power of the Spirit. Intercede, seeking God's best for one another. *Ask God to do what only He can do.*

1:25 – 1:30

Preview Your Next Triad Meeting

Before your next Triad meeting, **read chapter seven of *Emotionally Healthy Spirituality***. As a reminder, these final chapters of EHS focus less on past or present experience and more on how to build emotional and spiritual health in the future. Until you meet again, be praying for one another as you read and consider your next Triad discussion.

