Date: 3/19/16

Title: In Rhythm

Theme: We grow best and learn best when we follow a regular schedule without missing.

Object: Jump rope and demo.

Text: Hebrews 10:24-25 (NKJV) 24 Let us think of ways to motivate one another to acts of love and good works. 25 And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of His return is drawing near.

Here the Bible tells us that when the church has a meeting we should always be there.

Our church meets here every Sabbath to worship God and to learn about Him in Sabbath School.

The Bible says we should always be here to encourage each other to live for Jesus because He’s coming soon.

So we ought to be here every week for church and SS.

When we come to church and SS every week, we get into a “rhythm” that helps us grow as Christians.

Do you know what a rhythm is? It is a pattern that has a regular beat that never misses. [Illustrate with claps of hand. Illustrate non-rhythm]

Many things work best when they follow a regular rhythm.

Last Sabbath afternoon we watched a Christian movie at our house called “The War Room.”

It wasn’t about war with guns; it was about the power of prayer and fighting battles God’s way.

At the end of the movie they had this jump rope competition where four teams competed to see who could do the fanciest jump roping. [Amazing!!]

One of the things you need to be good at jumping rope is you need to have a good rhythm.

So this week at our house, my wife got out her jump rope.

She has a really good rhythm: she jumped 100 times in a row without missing. [Illustrate]

To be really good at jumping rope, you have to have a really good rhythm; you can’t miss a beat.

And in order to be a healthy and growing Christian, you have to have a good rhythm in living the Christian life.

That means coming to church and SS every week without missing a beat.

When we miss church or SS it’s like tripping on the rope.

Sure we can start again, but we’re way behind where we would have been if we kept the rhythm.

There’s something else that’s very important in the Christian life.

It’s having a good rhythm for prayer and reading our Bible.

Our prayer rhythm should include prayer in the morning, prayer before each meal, and prayer before bed at night.

And we should find a special time each day to read a Bible verse and try to memorize it.

We will grow best as Christians when we keep a good rhythm for prayer and Bible reading.

Remember the song we sing downstairs in SS?

“Read your Bible, pray every day, pray every day, pray every day…Read your Bible pray every day, and you’ll grow, grow, grow.”

Do you want to grow to be a Christian that loves Jesus more?

Let’s get in the rhythm. Don’t miss a beat.