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## **Every Day Relationship: Getting Back in Rhythm**

### **Jon Rychener**

**Acts 2:46-47 (NIV):** Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

**Acts 2:42 (NIV):** They devoted themselves to....

**Acts 2:42 (NIV):** They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

### **Four Key Areas That Make Up the Rhythm of Our Lives**

#### **Key Area #1: Scripture**

**Acts 2:42 (NIV):** They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

#### **Key Area #2: Community**

**Acts 2:42 (NIV):** They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

**Acts 2:42 (MSG):** They committed themselves to the teaching of the apostles, the life together, the common meal, and the prayers.

Comfort (2 Cor. 7:6)  
Support (Gal. 6:2)  
Healing (Jas. 5:16)  
Encouragement (1 Thess. 4:18)  
Growth (Prov. 27:17)  
Truth (Eph. 4:15)  
Wisdom (Prov. 13:13)  
Belonging (Rom. 12:5)  
Restoration (Gal. 6:1)  
Protection (Eccl. 4:12)

#### **Key Area #3: Prayer**

**Acts 2:42 (NIV):** They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

Prayer connects us to God. Fasting disconnects us from the world.

**COMPLETE FAST**—Abstaining from food and drinking only water and 100% juice

**SELECTIVE FAST**—Selecting certain foods to cut out for 21 days

**PARTIAL FAST**—Eating the things you normally eat but skipping a certain meal

**SOUL FAST**—While the first three are related to food, this is about eliminating the things of this world that we feed our soul with, which might not always be the best for us

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#### **Key Area #4: Communion**

**Acts 2:42 (NIV):** They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

**John 6:53-57 (NIV):** Jesus said to them, "Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. For my flesh is real food and my blood is real drink. Whoever eats my flesh and drinks my blood remains in me, and I in them. Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me.