

Before the discussion each week, encourage those in your group (and yourself) to share any WINS from last week on how they applied the passages to their life and any changes they experienced. Specifically, ask how they're doing with the spiritual disciplines discussed in previous weeks.

How to use this guide

Start with the key questions, include any optional scriptures and questions as needed, and conclude by determining your next steps. Be careful not to add too many passages, as it can create confusion. Make it a habit to continually direct the group back to the scripture you are studying.

Use this section (Main Idea) to set up the discussion. Remind everyone of the overall themes of the passage(s). Introduce this week's discussion using content from the "main idea" section below.

Main Idea, THE GENESIS WAY: (Genesis 1:1-10)

Shape It (Part 2): Rhythm & Boundaries

Last week, participants gave their lives shape by sorting responsibilities into meaningful categories. This week answers the next critical question: When does each thing belong? Shape without rhythm still leads to overload. Genesis shows us that God didn't just bring order—He established cadence: evening and morning, separation and gathering, work and rest. Rhythm is how structure becomes sustainable.

Many people don't fail because they lack priorities; they fail because they lack rhythm. Even good things collapse when everything competes for the same time and energy. Tonight's goal is not to build perfect schedules or optimize calendars, but to help the group see how God-designed rhythms protect what matters most. Boundaries are not restrictions—they are gifts that preserve calling.

As you lead, resist the urge to rush toward solutions. Encourage simplicity, consistency, and grace. This conversation is about learning how rhythm turns intention into sustainability. Shape tells us what belongs in our lives; rhythm tells us when it belongs. Next week, the group will move from shape and rhythm to filling—deciding what actions and assignments belong in the space God has prepared.

Leader Reminders

- Rhythm comes before efficiency
- Boundaries protect calling—they don't restrict it

- Avoid calendar micromanagement
- Encourage simplicity and consistency

Leader Coaching Note: If participants begin to feel overwhelmed, slow the room down and normalize the tension. Remind them that feeling resistance or pressure at this stage is not failure...it's awareness. Rhythm is not about fixing everything at once or creating a perfect schedule; it's about protecting what matters most with simple, repeatable patterns. Encourage people to start small: one boundary, one rhythm, one protected space. Emphasize that God values faithfulness over completeness. Tonight is not about control—it's about alignment. Reassure the group that clarity grows with practice, not pressure.

When conducting a group discussion, it's important to give everyone a chance to respond to each question. Start by asking specific individuals "WHAT" and "WHY" questions, then move on to general questions for the entire group. Be sure to acknowledge and thank those who participate and include your own input to further the discussion. It's perfectly acceptable to have moments of silence to collect thoughts. By following these steps, you can maintain a focused and productive discussion.

Questions

Weekly check-in question: Use this question to start a conversation and help everyone feel at ease. Be sure to listen and acknowledge each person's response. There are no right or wrong answers.

Check-in Question: WHERE IN YOUR LIFE DO YOU FEEL THE MOST RUSHED OR REACTIVE RIGHT NOW?

This question encourages participants to reflect on moments when they felt a deep sense of guidance or protection, similar to how Jesus portrays Himself as the Good Shepherd in the passage we will be studying. By sharing personal experiences of feeling guided, we can connect with the themes of John 10 and explore the significance of trusting in God's care and guidance in our lives. It also sets a tone of openness and vulnerability, creating an atmosphere where participants feel comfortable sharing their stories and insights.

Have everyone open their Bible and move right into the scriptures after covering the Main Idea above. Encourage everyone to bring their Bible and to read along. Suggestion: depending on the amount to read, you might want to break it down into sections and have more than one person read. Either ask for volunteers or choose those who feel comfortable reading in front of others. Remember these two techniques: Don't give the participants the answers. Leave them time to discover.

SMALL GROUP DISCUSSION: THE GENESIS WAY (Genesis 1:1-10)

Opening Scripture Reading: Genesis 1:1-10

1. READ Genesis 1:1-10
2. Fat rabbit: A LIFE WITHOUT BOUNDARIES ISN'T GENEROUS...IT'S VULNERABLE. Agree? Disagree? Why?

3. WHAT DO YOU NOTICE ABOUT THE RHYTHM GOD USED IN CREATION? WHY DO YOU THINK HE WORKED THAT WAY? Not only did God shape things during the first three days, but He also established a rhythm on day one for night and day.
4. WHY DO WE OFTEN CONFUSE BEING BUSY WITH BEING FAITHFUL?
5. WHICH AREA OF THE WHEEL OF LIFE CURRENTLY LACKS HEALTHY RHYTHM FOR YOU—SPIRITUAL, FAMILY, CAREER, PHYSICAL, MENTAL, SOCIAL, OR FINANCIAL?
6. HOW COULD CLEARER BOUNDARIES ACTUALLY INCREASE YOUR PEACE AND EFFECTIVENESS RATHER THAN LIMIT YOU? Imagine having specific identified times for what you will do and when you will do it.
7. Anchor to the discussion. How does this fit into my toolbox? GOD HONORS NOT JUST WHAT YOU DO, BUT WHEN YOU DO IT.

“Check-out” question: Discuss some examples and ways you can apply this week’s message and scripture to your life and name some definite next steps you can take in your mission. We’ll provide some examples each week on your copy as listed below. The challenge applies to the scripture reading and prayer time mentioned below.

Next Steps/Challenge:

GOD HONORS NOT JUST WHAT YOU DO, BUT WHEN YOU DO IT.

These scriptures should be read throughout the week. They can easily complement any other reading that each group member may be doing. There will only be a few scriptures assigned for each day. Each passage will relate to the Main Idea and will assist everyone in taking the next steps discussed or identified in your group. Instruct your group to meditate on these verses (not just read them) and to pray before, during, and after reading for the Holy Spirit to guide, encourage, and help each person apply them to their life.

Daily Bible Readings and Prayer Time

Read the following scriptures this week:

- Day 1 – Genesis 1:3–5 – Evening and morning
- Day 2 – Genesis 2:2–3 – God rests
- Day 3 – Ecclesiastes 3:1–8 – Seasons and timing
- Day 4 – Mark 1:35–39 – Jesus guards His rhythm
- Day 5 – Proverbs 25:28 – Life without boundaries
- Day 6 – Psalm 127:1–2 – Rest as trust
- Day 7 – Colossians 3:23–24 – Working with purpose

Practice for the Week

Ask participants to establish one simple rhythm in three areas of their life:

- Daily rhythm (e.g., prayer, Scripture, reflection)

- Weekly rhythm (e.g., family meal, Sabbath, group)
- Work rhythm (e.g., focused work block with a clear end)

KEY: Small, repeatable rhythms matter more than ambitious plans.

Welcome to The Genesis Way. This guide is designed to help you move from awareness to action by applying a biblical framework for time, purpose, and daily living. To access free study guides, worksheets, and bonus training for this and every week of the series, visit <https://coachdanholland.com/thegenesisway> and create a free account.