

The Rhythm of Faith

Faith seems to have a rhythm. I pride myself musically in picking up different beats or rhythms easily. This comes much easier to me than playing lead on the guitar. "Keeping time" moves the music along. It gives it a flow. It is not stop and start or random. There is a pattern to it. Galatians 5:16-26 is a primer on keeping in step with the Spirit (walking). There is a rhythm in walking. When I am on my four mile walk and have my headphones on listening to music, I can feel my gait change automatically when a new song with a new beat comes on. A fast song speeds up my walk. During a slow song, I have to double--time it. It is hard for me to not keep in step with the music. Faith is that internal metronome that keeps us in rhythm. We must get it in our heads. We must hear it. It must become automatic. Rookie musicians often struggle with this. Their strokes are halting and rigid and tentative. They manifest a kind of unsureness. Until they find that rhythm, they are not enjoying the music. They are working hard to keep up or stay with the other players. When they find that groove, the jam session becomes fun. I always hated it when someone would start a familiar song in the wrong beat. It might be a 3/4 beat and they are playing a 2/4. It is difficult to walk beside someone whose pace is different than yours. I used to think of myself always running beside the Spirit just trying to keep up, but I do not think this is how it works. I think the Spirit starts where we are and steadily increases the pace, allowing us time to get in sync with Him. When He sees we are struggling, He slows down and helps us adjust, but He is always moving forward to the goal of the right stride for us. As I grow in faith, I want to learn the optimal rhythm of the Spirit in my daily faith--walk. I wonder what it looks like to God at this point in my life.



"Otherwise without faith it becomes very difficult to keep pushing forward every day." Darrin Wiggins, How To Set Goals

Reflection and Discussion



Do you have a natural rhythm, or do you struggle with “keeping time”?

Do you hear the beat of faith in your head? If so, what does it sound like to you?

In faith’s band, are you a beginner, an intermediate, or an experienced musician?

Read Gal.5:16-26. What is “keeping in step with the Spirit”?

How are you doing in keeping in stride with the Spirit?

Memory Verse: Gal.5:24

“If we live by the Spirit, let us also walk by the Spirit.”