



The Four Rhythms of a Spiritually Meaningful Life

with Tommy Brown

DISCUSSION

1. What was your gut reaction to hearing Tommy's directives to "love deeply, live quietly, mind your own affairs, and work with your hands"? Which of these practices feels most natural to you right now – and which ones have you been overlooking or resisting? Did any of them strike you as confusing or hard to see the relevance of in today's world? *1 Thessalonians 4:9-12*
2. How often do you show "brotherly love" to people you're not actually related to? Do you, as Tommy suggested, make a practice of "being the thing [to others] that you hope to receive in return"?
3. Tommy offers four life rhythms that shape what it means to "live quietly": guarding your gateways, guarding your mouth, guarding your "cell," and guarding against distraction. Which of these do you feel you're doing well at right now, and which ones have proven to be more challenging? What steps could you take to strengthen the areas where your guard is weaker?
4. On the subject of your "cell," or personal space—what does that place (literally or figuratively) look and feel like? If it's a physical place, where is it and what about it brings you peace? If it's a mental place, what do you do to transport yourself there, and what do you think about once you're there?

5. How would you describe your ability to focus on your own affairs – and to resist getting caught up in the affairs of others? Think about instances when you do get involved in the affairs of others: Are there common threads running through them? The same people, the same organization, similar circumstances? Why do you think it's hard to resist the temptation to get involved?

6. Do you generally find fulfillment in your job? Why or why not? Do you feel purposeful in your work, or do you show up each day and go through the motions as you try to please your superiors? What are some ways you could give glory to God in your work daily?

ADDITIONAL RESOURCES

Tommy's books:

- *The Seven Money Types: Discover How God Wired You to Handle Money*
- *The Ache for Meaning: How the Temptations of Christ Reveal Who We Are and What We're Seeking*
- *The Speed of Soul: Four Rhythms for a Quiet Life in a World of Noise* (just released)

Others he mentioned:

- *Sacred Marriage: What If God Designed Marriage to Make Us Holy More Than to Make Us Happy?* by Gary Thomas
- *Spiritual Direction: Wisdom for the Long Walk of Faith* by Henri Nouwen
- *Why It's OK to Mind Your Own Business* by Justin Tosi and Brandon Warmke