

# Establishing Rhythms for Ministry & Revival

## The Rhythms of Jesus' Ministry

### Overview of the 4 E's

Four markers of the movement of Jesus:

- **Encounter God** – Everything begins with encountering God
- **Explore What God is Doing** – Everywhere Jesus went, he gazed with spiritual eyes looking for a spark of the movement of God asking "What is my Father up to here and how can I join in?"
- **Empower People** – Jesus empowered people into lives of flourishing and transformation
- **Establish Rhythms of Community** – Jesus established rhythms of relationship that people could participate in (work and rest, modeling leadership and then stepping back and letting his followers try the same things he did)

### The 4 E's in Jesus' Life

Scriptures that highlight what the 4 E's looked like in Jesus' life:

- **Encounter God** – Luke 3:21-23, Mark 1:35
- **Explore What God is Doing** – John 5:19-20
- **Empower People** – Luke 10:1-3
- **Establish Rhythms of Community** – Mark 6:6-7, 30-31

### The 4 E's in the Early Church

Scripture case studies from Acts 16:

- **Encounter God** – Acts 16 shows how God's timing and guidance led Paul to Macedonia instead of Asia. Encountering to God daily helps us move in step with his Spirit.
- **Explore What God is Doing** – Paul found Lydia, a person of peace whose heart was prepared to receive the gospel and as a result, she and her whole family become believers.
- **Empower People** – Paul empowered Lydia to show hospitality, breaking cultural norms, and her home became the first gathering place for Christians in Philippi.
- **Establish Rhythms of Community** – The early church established rhythms of large gatherings and smaller community meetings, highlighting that different ministry approaches can be effective in different contexts.

#### PEOPLE OF PEACE

Individuals who are receptive to the good news of Jesus, are relationally connected to a new community, and are willing to respond to Jesus through tangible action.

## Diving Deep into the 4 E's

### Encounter God—Assume God is Moving

- God is already present and powerfully at work everywhere.
  - Our calling is built on a foundation of consistent encounter with God.
  - We aren't selling spiritual goods for Christian consumers, we are facilitators of divine encounters with the living God.
  - Spend time asking questions, like "What is God saying to me? To us? To my friends?"
- Practices for encountering God:
- Listening Prayer
  - Bible study
  - Prayer walking
  - Worship
  - Examen
  - Spiritual direction/Mentoring

## Explore What God is Doing—Never Stop

- We explore for what God is doing, seeking to join him in building his kingdom.
- As we explore a place and take time to learn its history, we discover seeds of the gospel, but also the blood of injustice.
- As we get to know people, we can gauge their receptivity to God and also gain a clearer perspective of the community through their relational networks.
- “What is God doing here? Who is he calling us to? How are we connected to people and communities?”

Practices for exploring what God is doing:

- Starting spiritual conversations
- Network mapping
- Prayer walking
- Campus Context Tool

## Empower People—It’s Not About Recruiting

- This rhythm orients us to the sending nature of God.
- We don’t get caught up in recruiting or “adding people to our club.” Instead, we seek to equip people with the encouragement and tools needed to reach out to their own relational networks.
- “Who is Jesus sending? And what do they need to thrive?”

Practices for empowering people:

- Discipleship cycles
- Prayer ministry
- Start something new

## Establish Rhythms of Community—Discern the Design

- As communities and groups follow Jesus, we discern together what regular rhythms and structures we need to preserve our fellowship and continue growing in Christ.
- Instead of settling for cookie cutter practices, we instead intentionally consider the unique needs and opportunities within our distinct community.
- “What communal rhythms do we need to thrive in our context?”

Practices for encountering God:

- Communal discernment
- Student-led ministry design
- Reflecting on the E’s

## Putting it All Together

### The 4 E’s on Campus

- **Encounter God** – Cristina felt called to reach students with disabilities and Diana invited her into ministry.
- **Explore What God is Doing** – They found Deb, who was also passionate about this ministry.
- **Empower People** – Diana encouraged Cristina to lead, and students took ownership.
- **Establish Rhythms of Community** – Together, they created welcoming spaces for students with disabilities.

### So What Now

What it looks like to do the 4 E’s:

- **Encounter God** – Pray together and hear from God about what he’s calling you to do.
- **Explore What God is Doing** – Explore your context, learning about the beauty and brokenness of that place. Explore your networks for people who you could partner with.
- **Empower People** – Gather to be empowered together. Identify different gifts that one another brings to the table. Pray for each other to be empowered by the Holy Spirit.
- **Establish Rhythms of Community** – Make a plan for the next few steps you’ll take on campus and the habits you’ll embody personally and as a community.

## Related Resources

- [Finding People of Peace](#)
- [Listening Prayer Guide](#)
- [Building Your Own Bible Study Quicksheet](#)
- [Prayer Walk Guide](#)
- [The Worship Playlist – InterVarsity USA](#)
- [An Invitation to Examen](#)
- [Knowing Where Someone is Spiritually Quicksheet](#)
- [Growing My Networks Quicksheet](#)
- [Campus Context Prayer Walk](#)
- [Following Jesus using the Discipleship Cycle](#)
- [Prayer Ministry: Praying with People for Their Needs](#)
- [Start Something New](#)
- [Control Less, Empower More \(podcast\)](#)
- [Access InterVarsity \(video\)](#)
- [Reflecting on the 4 E's Worksheet](#)

## Recommended Courses

- [Depending on the Spirit](#)
- [Growing Disciples](#)

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