Class 2: Redeemed & Renewed – The Rhythm of the Christian Life

Rooted & Growing: Living Lutheran  
Version 1.1

Memory Phrase: God’s grace shapes your every day.

# Opening Prayer

Gracious Father, You have called me out of darkness and into Your marvelous light. I confess that I often forget who I am and live as though I belong to this world. Renew me in Your grace. Teach me to walk in the rhythm of repentance and faith. Shape my days with Your mercy, and guide my life by Your Spirit. In Jesus' name, Amen.

# Big Ideas & Guided Questions

## 1. God shapes our life through His Word

Big Idea: The Ten Commandments show us God’s will and lead us to Christ.

"Your word is a lamp to my feet and a light to my path." (Psalm 119:105)

* • How do the Ten Commandments function in a Christian's life?
* • How does Jesus summarize the Law? (Matthew 22:37–40)
* • What happens when we fall short?

Where is this discussed in the Confessions? Small Catechism, The Ten Commandments (CPH 2017)

## 2. God restores us through forgiveness

Big Idea: Confession and Absolution is where God speaks His forgiveness personally.

"If we confess our sins, He is faithful and just to forgive us." (1 John 1:9)

* • What's the difference between sorrow and true repentance?
* • Why is spoken Absolution so important?
* • How does this practice form a daily rhythm?

Where is this discussed in the Confessions? Small Catechism, Confession (CPH 2017); Augsburg Confession, Article XI [Kolb/Wengert, p. 43]

## 3. God draws us into daily conversation with Him

Big Idea: The Lord’s Prayer teaches us to trust and talk with God.

"Pray without ceasing." (1 Thessalonians 5:17)

* • Why did Jesus give us this prayer?
* • How can it shape your own prayers?
* • What does it mean to call God "our Father"?

Where is this discussed in the Confessions? Small Catechism, The Lord’s Prayer (CPH 2017)

## 4. God marks time with His grace

Big Idea: The Church Year helps us live in the story of Jesus.

"Teach us to number our days that we may get a heart of wisdom." (Psalm 90:12)

* • What are the seasons of the Church Year?
* • How does it help you walk with Jesus through the year?
* • What season is most meaningful to you?

Where is this discussed in the Confessions? Apology of the Augsburg Confession, Article XXIV.1 [Kolb/Wengert, p. 258]

# Take-Home Reflection

Which rhythm of renewal do you most need to grow in this week?  
- Hearing God's Word?  
- Receiving His forgiveness?  
- Praying to your Father?  
- Living in the story of Christ?  
Write it down. Try it this week. Come back ready to share.

# From the Confessions

"God requires us to believe this Absolution as much as if we heard a voice from heaven." – Apology of the Augsburg Confession, Article XII.39 [Kolb/Wengert, p. 195]

"Our prayer must have the promise that it will be heard." – Large Catechism, The Lord's Prayer, Introduction [Kolb/Wengert, p. 418]

"The Word of God is the true holy thing above all holy things." – Large Catechism, The Ten Commandments [Kolb/Wengert, p. 400]

"Because we are daily exposed to countless dangers and troubles, we need to turn to God constantly." – Large Catechism, The Lord’s Prayer, Conclusion [Kolb/Wengert, p. 449]

"Ceremonies should be observed both so that people may learn the Scriptures and so that those who have been touched may be strengthened in faith and fear of God through the use of the sacraments, the Word, and the rites." – Apology of the Augsburg Confession, Article XXIV.3 [Kolb/Wengert, p. 258]

"Everything, therefore, in the Christian life is ordered to the end that we may daily exercise ourselves in the Word, and carry it about in our hearts and upon our lips." – Large Catechism, Preface to the Ten Commandments [Kolb/Wengert, p. 378]