



# THE RHYTHMS OF LIFE



“To everything there is a season...” (Ecclesiastes 3:1). God created time and the rhythms that govern life on Earth (plants, animals and human beings).

Those rhythms are the same for all creatures, but not everyone lives them the same way. There are changes that affect people differently. Those changes shape our lives.



### CYCLIC CHANGES

- Order and rhythm
- The rhythms of life



### NON-CYCLIC CHANGES

- Unexpected changes
- Transitions
- Interactions

# ORDER AND RHYTHM

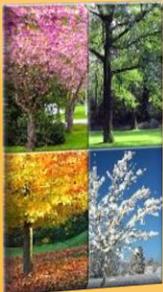
“While the earth remains, seedtime and harvest, cold and heat, winter and summer, and day and night shall not cease.” (Genesis 8:22)

According to Genesis 1, God created the Earth and He transformed it from disorder to perfection.

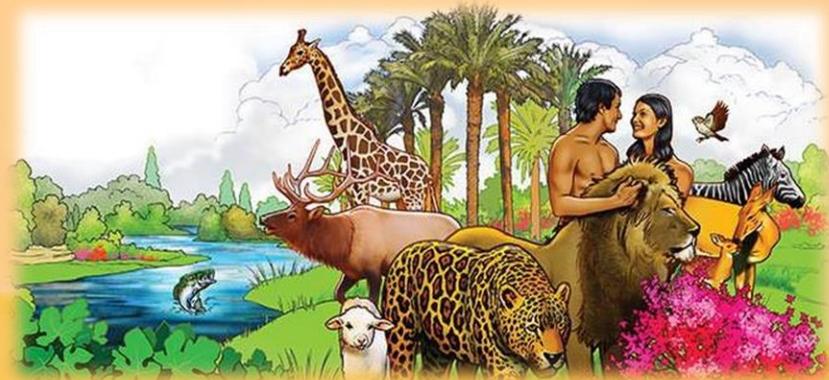


He methodically separated day from night, divided the waters, made dry land appear, made plants germinate and created the lights in the firmament that would establish the rhythms of Earth (days, months, years).

In an orderly way, He filled the Earth with living beings, and put order in their lives (to grow and to multiply). “Order is Heaven’s first law.” (ST, June 8, 1908).



Although sin introduced disorder into our world, the rhythms God established in the beginning still govern our existence.



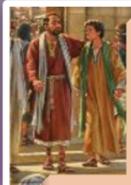
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"The glory of young men is their strength, and the splendor of old men is their gray head." (Proverbs 20:29)

As Solomon said, there's "a time to be born, and a time to die." (Ecclesiastes 3:2). There are some rhythms or cycles between those two moments of our lives:



**Childhood**  
(Judges 13:24;  
Luke 2:40)



**Youth**  
(Psalm 71:5; 1  
Timothy 4:12)



**Adulthood**  
(Genesis 41:46;  
Acts 7:23)



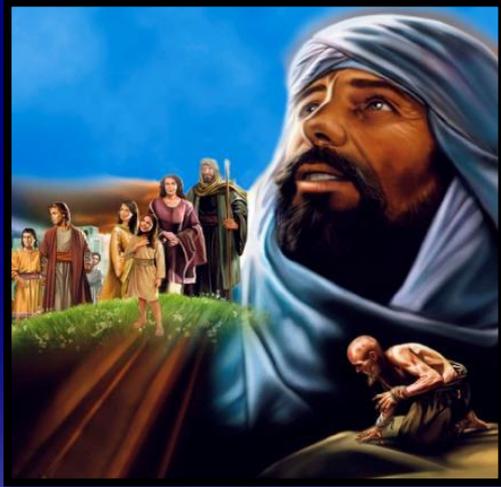
**Old age**  
(Psalm 90:10;  
Philemon 1:9)

Those rhythms are the same for everyone, but not everyone lives them the same way. We are all different and we're living in different stages. However, everyone is valuable and has something to give.



# UNEXPECTED CHANGES

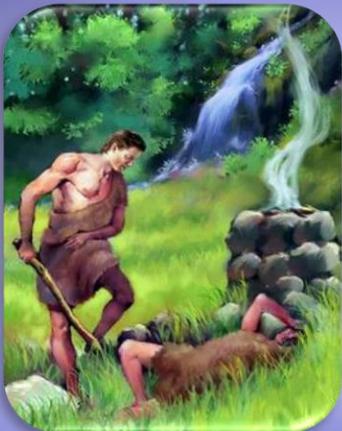
**"Naked I came from my mother's womb, and naked shall I return there. The Lord gave, and the Lord has taken away; blessed be the name of the Lord." (Job 1:21)**



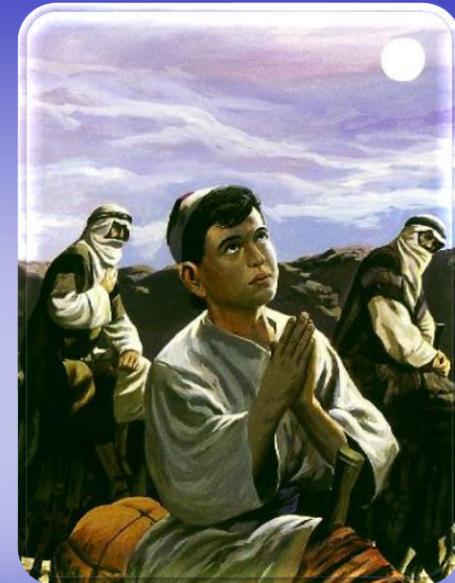
**We all have our own rhythms and routines. Sometimes, unexpected changes may disrupt them.**

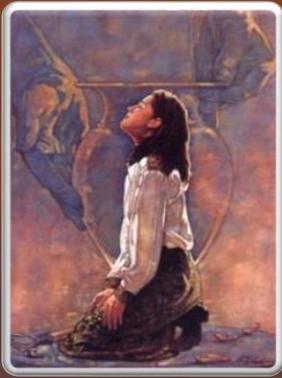
**Job's case is an extreme one (he lost his possessions, his laborers, his children, his health, and the support of his wife and friends). However, everyone is subject to possible radical changes that may change the circumstances of our lives—for the better or for the worse.**

**Abel died suddenly, Joseph was sold as a slave by his own brothers.**



**If we cling to God and trust Him, we'll be able to face these unexpected changes and to get the best out of the new circumstances (Genesis 50:20).**





# TRANSITIONS



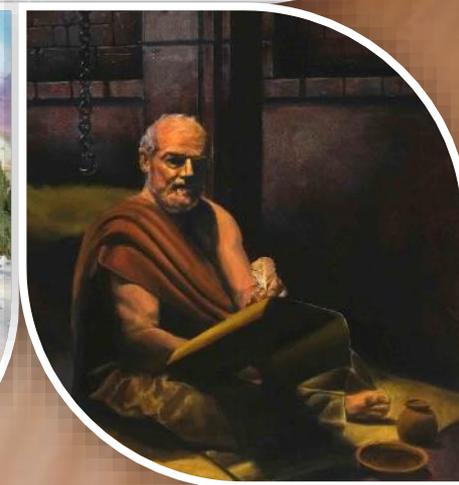
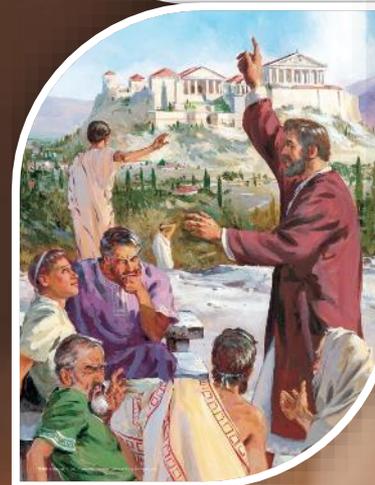
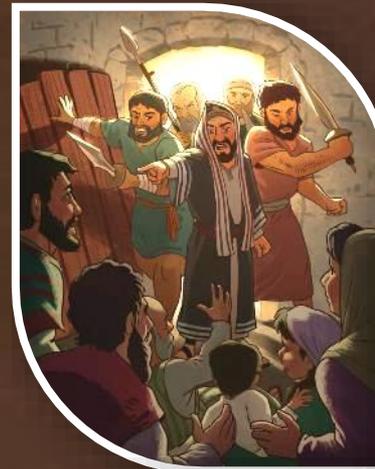
“being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.” (Philippians 1:6)

Transitions set the change between life's stages: childhood, youth, adulthood, old age.

There are transitions in our spiritual life too. God is taking us from conversion to a full spiritual maturity (Hebrews 5:12-14).

Let's study the change the apostle Paul experienced (AA, pp. 119, 120):

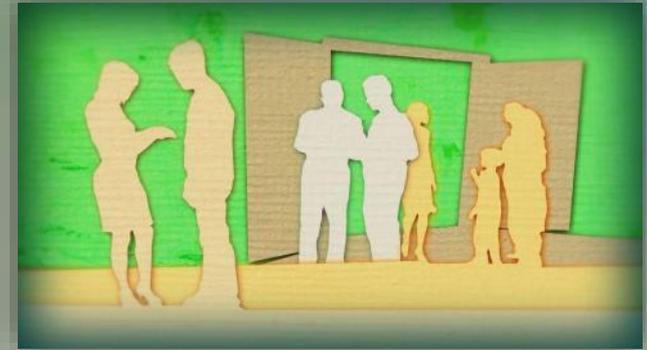
- ☆ The inmost thoughts and emotions of his heart were transformed by divine grace.
- ☆ His nobler faculties were brought into harmony with the eternal purposes of God.
- ☆ Christ and His righteousness became to Saul more than the whole world.



# INTERACTIONS

*"And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."* (Ephesians 4:32)

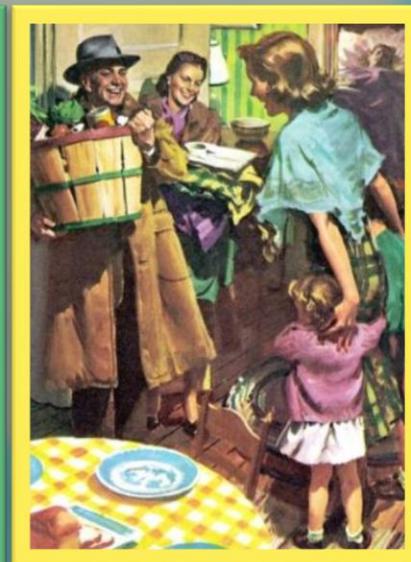
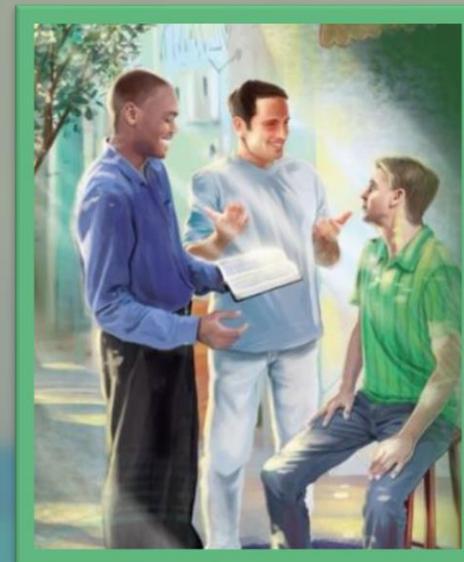
**Our lives are constantly affected by the way other people interact with us. We also affect others as we interact with them.**



**Those interactions can bring changes, either for the better or the worse. As Christians, we must try to always be a good influence on others (Romans 12:18).**

**Our positive interactions can be a strong influence. They may affect the life of others in such a way that they may accept Christ thanks to His work through us.**

**Our relationships must be always governed by love and kindness.**



**“The whole heart must be yielded to God, or the change can never be wrought in us by which we are to be restored to His likeness... God desires to heal us, to set us free. But since this requires an entire transformation, a renewing of our whole nature, we must yield ourselves wholly to Him.”**