

## Cadence: God's Perspective

*Cadence is a modulation in reading aloud as implied by the structure and ordering of words and phrases in written text.*

Cadence is used to describe someone's voice when speaking or reading, specifically, when reading a book out loud. A good narrator understands that keeping a healthy rhythm is incredibly important. There are sections that need to be read louder, some softer, sometimes long pauses are necessary and sometimes you need to speed through a section to match the heightened drama of the story. Music also has cadence.

Whether our rhythm is orderly, or chaotic, there's still a rhythm. And just like music, reading, or public speaking; there's a right rhythm, as well as a wrong one. In other words, there's a healthy cadence and an unhealthy one.

One of the first places we see Godly cadence is in the rhythm of creation.

As God proceeded to create, He entered a beautiful cadence of creation and rest -- Genesis 1:3-5. By creating the light and constructing a day, God was able to enter His groove of creation; *"And there was evening, and there was morning..."* This is where God started the rhythm and cadence of a day.

Few of us think about the cadence of a day... the rhythms, grooves, and habits that we so easily step into and out of throughout the course of a day. To be fair, it's often difficult when you're in the middle of something to be able to step back and see the bigger picture. For many of us it takes an interruption or disturbance to get us to stop and reconsider the cadence of our lives.

So, what if we could see things from a different perspective like God's perspective? What can we learn from the creation account in Genesis about how God stays in rhythm?

### God's Design

The first point, which we've already identified is that God broke up His creative process into separate days of creation.

Genesis 1:14 God created the sun, moon, and stars as, *"signs to further help mark. seasons, days, and years."* God built rhythm into the creation.

It was only after this that God created all the living creatures as well as humans – Genesis 1:26-27.

Humans were created after the cadence of creation had been established and after the "signal flares" were made to light up the morning and evening skies. These things weren't after thoughts, they were intentional and meaningful. The seasons, days, and years are integral parts of human life and flourishing.

If you're seeing things from God's perspective, you'll see and understand the beauty in these boundaries.

The daily cadence that God created dates to the *literal* beginning of time. One could argue that it is the earliest gift our heavenly Father gave to us.

So, what happens when you try to bend the boundary or ignore the signal flares that God so graciously gave?

### The Chaos of Life

All of us know that life is an absolute chaotic mess sometimes. Not only can it be out of rhythm, but it's also not even on the same sheet music some days. There are things that happen to us that are so outside and beyond our control that it makes it impossible to plan.

This is precisely the reason to humbly submit yourself to the cadence that God has created. When you try to push that boundary or move past that natural barrier bad things eventually happen. Life is best lived in cadence. That's the way God designed it and that's the way we flourish as created beings. *Chaos* is not God's best for you. Cadence is. Healthy, day in day out cadence is God's best for you.

### **Our Daily Bread**

Now, some of you might be thinking, "if cadence is God's best, then what does that look like for me? How do I stay in the boundaries that God created? How do I live a life of flourishing and health?"

First, look at Psalm 1:1-3. The Psalmist gives some incredible advice for healthy living. *Distance yourself from or cut off toxic relationships in your life.* The harsh truth is that people who don't love God or others, don't care about the boundaries and gifts that He has given. And they definitely won't see the value in, "*meditating on the law day and night.*"

The law is a reference to scripture; your daily routine and cadence should include a regular time in the Bible. And if you do the things Psalm 1 says, then you will be, "*like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.*" That's a picture of flourishing.

*Distance yourself from toxic relationships and build in time with the Word of God.*

Secondly, Jesus reminds us in Matthew 6:11 to ask God for our "Daily Bread." Jesus knew all too well that, "*each day has enough trouble of its own, (Matthew 6:34)*" and that we are to go boldly to our heavenly Father seeking our needs every day.

If the creation of the day was God's first act, His first gift to us, then may I ask you—what are you doing with the gift?

How are you staying focused and present within that divine boundary? The Psalmist says in Psalm 118:24 that, "*Today is the day the Lord has made, I will rejoice and be glad in it.*"

Are you finding reasons to rejoice today?

Are you accepting of and open to the natural cadence of life?

The ebbs and flows, the highs and lows, *the days the Lord has made* for you?

### **Conclusion**

Every day is truly a gift. It doesn't always feel that way, and sometimes the beauty truly lies in the eyes of the beholder... But a healthy cadence is a way of life.

This coming week I want to challenge you to go back and reread Genesis chapter 1. Watch for the rhythm and beauty that happens throughout the process of creation. Take some time to watch a sunrise, sunset, or gaze at the stars. Psalm 8:3-4

I pray that you will have a deeper understanding and appreciation of God's love and care for you, your life, and your health. As I said before, chaos is not God's best for you.

And a healthy cadence, rhythm, or groove—whatever you want to call it—leads to a life of flourishing.