



Jesus cultivated a lifestyle of worship and communion with God.

Jesus has pursued us with his relentless love so that we may experience his presence, intimacy, care, and wholeness. We recognize the temptation to wander after alternative loves, but choose instead to embrace Jesus and love him with our whole heart.

Because God is to be worshipped and treasured above all things, we commit to loving God in all aspects of our life, and pursuing Him individually and communally through spiritual practices and holy habits including prayer, scripture, and sabbath rest.

PRACTICES

Prayer. Prayer is our communication with God. That means it's the most important part of our life. We set aside time daily to meet with God in prayer and to dwell in His presence. We embrace many forms of prayer including spontaneous prayer, fixed-hour prayer (the Divine Hours), journaling, prayer walks, and centering prayer.

Scripture. God's Word is sweeter than honey and a lamp unto our feet. In other words, it is our food and primary means of revelation from Him. We spend time each day in Scripture, seeking God's face and listening to His voice. Maturing in Christ requires a life where we read, memorize, meditate, enjoy, study, and obey God's Word.

Sabbath. Each week we set aside a 24-hour period for sabbath rest, structuring our time around prayer and play. This is a day to slow down, contemplate God's goodness, and be reminded that God is the one who cares and provides for us. If our schedule allows, we practice this on Sundays so we can gather with others to be refreshed through worship and built up as the body of Christ.



Jesus cultivated a lifestyle of worship and communion with God.

Jesus has pursued us with his relentless love so that we may experience his presence, intimacy, care, and wholeness. We recognize the temptation to wander after alternative loves, but choose instead to embrace Jesus and love him with our whole heart.

Because God is to be worshipped and treasured above all things, we commit to loving God in all aspects of our life, and pursuing Him individually and communally through spiritual practices and holy habits including prayer, scripture, and sabbath rest.

PRACTICES

Prayer. Prayer is our communication with God. That means it's the most important part of our life. We set aside time daily to meet with God in prayer and to dwell in His presence. We embrace many forms of prayer including spontaneous prayer, fixed-hour prayer (the Divine Hours), journaling, prayer walks, and centering prayer.

Scripture. God's Word is sweeter than honey and a lamp unto our feet. In other words, it is our food and primary means of revelation from Him. We spend time each day in Scripture, seeking God's face and listening to His voice. Maturing in Christ requires a life where we read, memorize, meditate, enjoy, study, and obey God's Word.

Sabbath. Each week we set aside a 24-hour period for sabbath rest, structuring our time around prayer and play. This is a day to slow down, contemplate God's goodness, and be reminded that God is the one who cares and provides for us. If our schedule allows, we practice this on Sundays so we can gather with others to be refreshed through worship and built up as the body of Christ.

Suggested Ways to Try The Practices

Prayer

- Use the Lord's Prayer as a pattern for your own daily time of prayer. If "daily" sounds intimidating, then start small and make this a daily five-minute prayer. Check out the "Personalizing the Lord's Prayer" guide on Rhythm's website.
- Do a Desert Day. A Desert Day is a 3-4 hour block of time to get alone, pray, and listen to God. Download the "Desert Day" guide on Rhythm's website.

Scripture

- Use the "Lectio Divina" guide on Rhythm's website to meditate on Scripture. Feel free to use any passage you want, but there are some suggested Scripture passages below.
 - *Suggestions:* Mark 10:46-52; John 15:1-17; Psalm 1:1-6
 - Did you find this to be a helpful way to meditate on Scripture? Why or why not?
- Use the "5 Questions" guide on Rhythm's website to study Scripture. Feel free to use this to study any passage you want, but there are some suggested Scripture passages below.
 - *Suggestions:* Colossians 1:1-29; Matthew 10:1-20; Genesis 12:1-20
 - Did you find this to be a helpful way to study the Scripture passages? Why or why not?

Sabbath

- Plan a twenty-four-hour Sabbath you can enter with anticipation. The night before your sabbath, remind yourself that tomorrow you will rest in God. Consider the things that will nourish rest in you: worship, a nap, walking, reading, going to the beach, long conversations, etc. Plan them spaciously into the day.

Suggested Ways to Try The Practices

Prayer

- Use the Lord's Prayer as a pattern for your own daily time of prayer. If "daily" sounds intimidating, then start small and make this a daily five-minute prayer. Check out the "Personalizing the Lord's Prayer" guide on Rhythm's website.
- Do a Desert Day. A Desert Day is a 3-4 hour block of time to get alone, pray, and listen to God. Download the "Desert Day" guide on Rhythm's website.

Scripture

- Use the "Lectio Divina" guide on Rhythm's website to meditate on Scripture. Feel free to use any passage you want, but there are some suggested Scripture passages below.
 - *Suggestions:* Mark 10:46-52; John 15:1-17; Psalm 1:1-6
 - Did you find this to be a helpful way to meditate on Scripture? Why or why not?
- Use the "5 Questions" guide on Rhythm's website to study Scripture. Feel free to use this to study any passage you want, but there are some suggested Scripture passages below.
 - *Suggestions:* Colossians 1:1-29; Matthew 10:1-20; Genesis 12:1-20
 - Did you find this to be a helpful way to study the Scripture passages? Why or why not?

Sabbath

- Plan a twenty-four-hour Sabbath you can enter with anticipation. The night before your sabbath, remind yourself that tomorrow you will rest in God. Consider the things that will nourish rest in you: worship, a nap, walking, reading, going to the beach, long conversations, etc. Plan them spaciously into the day.