

DISCIPLESHIP RHYTHM

LIVING IN STEP WITH GOD



TABLE OF CONTENTS



INTRO

Pastor Letter	3
Intro	4



CHAPTERS

1 - The Dance of Discipleship	7
2 - A Disciple of Jesus Lives Faithfully	13
3 - A Disciple of Jesus Lives Communally	21
4 - A Disciple of Jesus Lives Generously	27
5 - A Disciple of Jesus Lives Humbly	33
6 - A Disciple of Jesus Lives Missionally	39
7 - The Rhythm of Rest	45



RESOURCES

ACTS Method of Prayer	51
Lectio Divina	52
SOAP Method of Bible Study	54
Begin a Relationship with Jesus	55
Starting your Tithing Journey	56

*Jesus came and told his disciples,
“I have been given all authority in heaven and on earth.
Therefore, go and make disciples of all the nations,
baptizing them in the name of the Father
and the Son and the Holy Spirit.
Teach these new disciples to obey
all the commands I have given you.
And be sure of this:
I am with you always, even to the end of the age.”*

MATTHEW 28:18-20

At Mt. Horeb, you will frequently hear us say that our mission is to make, mature and mobilize disciples who magnify Jesus. That mission is derived directly from Scripture at the end of the Gospel of Matthew. Here Jesus' parting words represent a clarion call to the Church in all times and places. We have been set apart by God not for special privilege, but a special purpose. Jesus ensures that there is no ambiguity about this purpose. Though he is about to ascend to the Father, his ministry is not over. He spent his short life teaching, preaching, guiding and shepherding his group of followers, molding them into his disciples. Then, he entrusts his life's work into their/our hands. We are to carry his ministry forward, spreading the Good News of the Gospel of Jesus, and making more and more disciples in the process. His last words have to be our first priority. It is the Great Commission.

Notice that Jesus did not commission us to go and make believers. Believing is vital to discipleship, but being a disciple is more than intellectual assent to truths about Jesus. A disciple lives in relationship with Jesus and is called to become more and more like Jesus. In other words, discipleship involves modeling our lives after Jesus' teaching and example and living in rhythm with his grace.

Grace is the power of God to transform our lives. By grace, our faith deepens and our lives move in the direction of holiness, but this never happens accidentally. Great intentionality is required. And, as the word implies, discipleship requires discipline. That discipline comes in the form of practices—spiritual disciplines—that shape us over time. In the process, our will bends to God's will. Our ways are transformed to God's ways. We begin to see the world around us through the eyes of our Savior and then respond to our environment in ways similar to Jesus. That is the journey of discipleship. It is how disciples are made, matured and mobilized.

Because we want to be faithful to the mission of Jesus, our staff team has been working hard over the past few months to clarify our definition of a disciple and our process for making them. Actually, the journey of discipleship is never complete. We are always a work in progress; therefore, instead of a discipleship process, program or pathway, we landed on the language of a discipleship rhythm. Our conviction is that discipleship is not a process to be completed, but a rhythm to be repeated.

This booklet contains the Mt. Horeb discipleship rhythm. To be clear, this is not something we want FROM you. It is something we want FOR you. The purpose of this discipleship rhythm is to help each one of us identify and take the next faithful step in growing to be more like Jesus. We believe that a disciple of Jesus lives faithfully, communally, generously, humbly and missionally. Through the course of this study, we will explore what each of these adverbs mean and ways you can take your next step in each area to become more like Jesus. Our prayer is that, as a congregation, this discipleship rhythm will propel us to new depths of faith and fruitfulness together.



Michael A. Turner
Senior Pastor

This list integrates the discipleship rhythm practiced at Mt. Horeb Church with our core values, creating a holistic approach to spiritual growth and community life. Each rhythm—Faithfully, Communally, Generously, Humbly and Missionally—captures a vital aspect of our walk with Christ. These rhythms are not only foundational to how we grow and serve individually and together but also closely reflect key portions of the Global Methodist Church Vows, reinforcing our commitment to prayer, presence, gifts, service and witness. Together, they form a unified framework that shapes our identity and mission as a church family dedicated to following Jesus wholeheartedly.

FAITHFULLY – (prayers)

Jesus First, Jesus Always
Prayer Driven
Truth Is Essential

COMMUNALLY – (presence)

Better Together
People Matter

GENEROUSLY – (gifts)

Above and Beyond

HUMBLY – (service)

Participation Over Observation

MISSIONALLY – (witness)

On Earth As In Heaven



**A DISCIPLE
OF JESUS
LIVES...**

FAITHFULLY

COMMUNALLY

GENEROUSLY

HUMBLY

MISSIONALLY

CHAPTER ONE

THE DANCE OF DISCIPLESHIP

“

*“Rhythm is something you either have or don’t have,
but when you have it, you have it all over.”*

– ELVIS PRESLEY

”

She was terrified, but she stepped onto the hardwood floor anyway.

The music began. A slow waltz filled the room. Her instructor extended his hand, smiling reassuringly, and said, “Just follow my lead.” It sounded simple, but everything in her wanted to anticipate the next move, control the direction or do it her own way. But every time she did, she stumbled. When she tried to lead, she lost the rhythm. When she tensed up, her movements turned rigid and awkward.

Then, something clicked. She stopped trying so hard and just... listened. She surrendered to the rhythm, trusted the one leading and began to move in harmony with the music. What once felt clumsy now flowed. She wasn’t just dancing; she was being led in the dance.

This is what life with God is like. A Spirit-led rhythm. A partnership. A beautiful, surrendered movement in time with the cadence of the Kingdom. When we try to take control, we lose the rhythm, but when we trust the Spirit’s lead, we move with grace and purpose.

The Christian life isn’t just about believing the right things—it’s about walking in step with God. This is the rhythm of discipleship.

KEEPING IN STEP WITH THE SPIRIT

In Galatians 5, the apostle Paul speaks of a life that is lived “by the Spirit.” He gives us this beautiful instruction:

*“Since we live by the Spirit, let us keep in step with the Spirit.” - **GALATIANS 5:25***

Imagine walking side by side with someone matching pace, adjusting stride and turning when they turn. To keep in step is to walk together, attentively and obediently. In the verses just before, Paul describes the “fruit” that grows from our lives when we walk with the Spirit:

*“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things!” - **GALATIANS 5:22-23***

This is what spiritual rhythm produces. These aren’t things we force or manufacture; they grow by God’s grace when we are planted in God’s presence and tuned to His movement. Fruit is the natural outcome of a healthy root system. Similarly, a life rooted in the Spirit will grow in love, joy, peace, forbearance, kindness, goodness, faithfulness and self-control, not through striving (though striving is a part of the dance of discipleship), but through staying in sync with God.

Many of us live with constant noise and pressure, running from task to task, trying to earn approval, manage outcomes or fix ourselves. But God isn’t calling us to hustle harder. He’s inviting us to walk with Him, to learn His pace and to move in His rhythm.

LIVING IN RHYTHM

Throughout Scripture, God doesn’t just give us commands, He invites us into a way of life. Jesus didn’t just come to forgive sins. Jesus came to form disciples—people who would walk with Him, learn from Him and reflect His character.

The idea of rhythm isn’t just poetic, it’s profoundly practical. When our lives fall into rhythm with God, they reflect His beauty to the world. But when we get out of sync—when we try to run ahead, or lag behind—if we are not careful, we lose peace, joy and often our sense of purpose.

It is a lot like an orchestra. Each musician plays a different instrument, but they all follow the same tempo, the same rhythm. If one player decides to do their own thing, the melody becomes a cacophony. But when everyone listens and adjusts, something beautiful happens. That is the Church. Each of us has a unique role, gift and voice, but we're called to move in rhythm with one Spirit.

***Question:** Where in your life are you trying to lead instead of following the Spirit's rhythm?*

THE RHYTHMS OF A DISCIPLE

Over the next several chapters, we're going to explore specific characteristics of the dance of discipleship. These aren't religious checklists or spiritual performance goals. They're invitations, practices and postures that help us walk more closely with God and reflect His heart more clearly.

Here's a preview of where we're headed.

A disciple of Jesus lives...

- **FAITHFULLY** – A disciple follows Jesus with consistent devotion. We'll look at spiritual disciplines like prayer, scripture, fasting and worship that keep us grounded and connected to God's presence.
- **COMMUNALLY** – A disciple doesn't walk alone. We'll see how biblical community helps us stay in rhythm through encouragement, accountability and shared worship.
- **GENEROUSLY** – A disciple lives with open hands. God's rhythm includes generosity of time, money, attention and compassion. We'll explore how giving reflects God's nature.
- **HUMBLY** – A disciple doesn't lead the dance; Jesus does. We'll discern how humility allows us to learn, change and grow as we become more like Christ.
- **MISSIONALLY** – A disciple moves outward. We'll talk about living as a sent people and carrying the love of Jesus into our neighborhoods, schools, workplaces and world.

Each of these rhythms helps tune our hearts to God's cadence. None of them are meant to be mastered overnight. Like learning a new dance, it takes practice, patience and grace. But the goal is clear: to live a life in step with the Spirit.

AN INVITATION TO STEP IN

So, here's the question for you: *Whose rhythm are you living by?*

The world has a rhythm, a constant chase after achievement, recognition and self-reliance. It's all about doing more, proving more and finishing fast. But the rhythm of the Spirit is different. It's not a checklist. It's not a program to complete, but a rhythm to repeat, an ongoing way of life shaped by trust, obedience and grace.

His rhythm doesn't demand perfection. It invites participation. It's a life marked not by pressure to perform but by a posture of continual alignment with God.

This is your invitation: Step into the rhythm of the Spirit. Not once, but again and again. You don't have to have it all figured out. You just need to take the next step.

The Kingdom music is playing. Now it's your turn to move.

Question: *What area mentioned on the previous page (faithfully, communally, generously, humbly, missionally) do you suspect might be a place God wants you to focus on first?*

This six-day devotional plan is designed to help you intentionally engage with the rhythm of God by spending a few minutes each day reflecting on Scripture. Each day, read the selected Bible verse slowly, consider what God is saying through it and then answer these two reflection questions honestly and prayerfully.

- **What is God saying through this passage?**
- **How should I respond?**

You can journal your thoughts, pray through what you've read or discuss it with a friend or small group. On Day 7, you're invited to practice true rest—step away from routine, unplug from noise and simply be with God. Don't read, don't write—just rest.

DAY 1: Galatians 5:25

"Since we live by the Spirit, let us keep in step with the Spirit."

DAY 2: Proverbs 3:5-6

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

DAY 3: Isaiah 30:21

"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.'"

DAY 4: Galatians 5:22-23

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control."

DAY 5: Romans 8:5

"Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires."

DAY 6: Micah 6:8

"He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CHAPTER TWO

A DISCIPLE OF JESUS LIVES FAITHFULLY

SCRIPTURE: 1 TIMOTHY 4:8

“

“A person who is obsessed with Jesus knows that the best thing he can do is be faithful to his Savior in every aspect of his life...”

- FRANCIS CHAN

”

Growing up, maybe you were part of a team, a band or a club, something that required commitment. You couldn't just show up whenever you felt like it or practice only when it was convenient. You had to train, learn and grow. You had to show up.

The life of a disciple is no different. It's not just about believing in Jesus; it's about becoming like Him. And becoming like Jesus doesn't happen by accident, it is a result of rhythms and repeated practice. It's a life lived *faithfully*.

Paul writes to a young Timothy in 1 Timothy:

“For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” - 1 TIMOTHY 4:8



In other words, training your body has its benefits, but training your soul? That's eternal. That's transformative. Faithfulness isn't about getting everything right, it's about being consistent again and again. It's about committing to spiritual rhythms that form us more and more into the image of Jesus.

So how do we live faithfully? Let's look at four key practices of living faithfully: **prayer, Scripture, fasting and worship.**

PRAYER | A PRACTICE OF RELATIONSHIP

Prayer is more than a religious duty. It's a relationship. It's not about getting the words right; it's about staying connected to the One who loves you most. Jesus often withdrew to quiet places to pray, not because He had to, but because He wanted to stay in rhythm with His Father.

Prayer centers us. It reorients our hearts. It reminds us that we are not in control, and we don't need to be. It is both listening and speaking, resting and wrestling. A simple format to follow to begin your prayer journey is the *ACTS method.

To live faithfully means carving out regular space to talk with God—honestly, humbly and consistently. Prayer is not just for the hard times. It's in the everyday, mundane, ordinary moments that our prayer life is often strengthened. You don't build a relationship by only calling when there's an emergency. You build it by showing up—daily, intentionally, faithfully.

SCRIPTURE | A PRACTICE OF TRUTH

In a world overflowing with opinions, updates and information, God's Word remains the steady, trustworthy voice of truth.

Reading the Bible isn't just about gaining knowledge. It's about being formed. The Scriptures shape our thoughts, confront our assumptions, renew our minds and realign our hearts. When we open the Bible, we're not just reading about God, we're encountering Him.

Like any rhythm, it takes practice. Some days it may feel powerful. Other days, it may feel like going through the motions. But every time you open the Word with a receptive heart, you're stepping into the rhythm of God's truth, and it will never return void. Consider utilizing

**View ACTS method on page 53.*

the *SOAP method of reading scripture or a method called *Lectio Divina to connect with God.

Start small. Stay steady. Let Scripture become the daily soundtrack of your life.

FASTING | A PRACTICE OF DEPENDENCE

Fasting might seem like an ancient or extreme practice, but it's a spiritual rhythm that Jesus expected His followers to engage. In Matthew 6, Jesus says, *"When you fast"*, not *"If you fast"*. Fasting trains our hearts to crave God more than anything else.

When we fast, whether from food, social media, entertainment or anything that holds our attention, we create space. And in that space, we remember that God is our true sustainer. Fasting reveals what we've been relying on, surfaces our hidden idols and invites us to say, "God, I want You more than this."

Fasting is not about proving something to God. It's about making room for Him. It's not punishment but preparation. A faithful life embraces fasting as a powerful tool of spiritual clarity and intimacy.

WORSHIP | A PRACTICE OF SURRENDER

We all worship something. Whatever gets our time, attention, energy and affection, that is what we worship. It isn't just a Sunday morning activity; it's a posture of the heart throughout our week. It's how we respond to the worthiness of God in every season, good, bad and in-between. Worship realigns us. It reminds us that God is God, and we are not.

Whether through singing, serving, giving or simply living with gratitude, worship helps us to recenter our lives on Jesus. It's the practice that keeps us anchored when everything else feels out of sync.

When we worship, we declare with our voices and our lives: *"You are worthy. I trust You. I surrender to You."* It's a powerful act of faithfulness in a world that tells us to worship everything but God.

**View SOAP method on page 56.
View Lectio Divina on page 54.*



FAITHFULNESS IS FRUITFUL

When Paul urges Timothy to train himself in godliness, he isn't giving him a short-term assignment. He's inviting him into a lifelong rhythm. It's a rhythm that bears fruit, not just for eternity, but right here and right now.

And it's not about having a perfect streak. It's about returning, again and again, to the rhythms that help us stay in step with Jesus.

- When you pray, you grow in relationship.
- When you read Scripture, you grow in truth.
- When you fast, you grow in dependence.
- When you worship, you grow in surrender.

Faithfulness isn't flashy, but it's powerful. Over time, these daily decisions shape who you become. They're not boxes to check; they're seeds to plant. And God is faithful to bring the growth.

Question: *In which of these spiritual practices might you need to take steps to become more consistent?*

LIVING INTO THE RHYTHM: A 3-STEP PROCESS

Every person in our church can take a next step to follow God's lead more closely. Start from where you are and trust God to show you the way.

Step 1 – Make a Conscious Decision to Follow Jesus

Faithfulness begins with surrender. It starts when you decide that Jesus isn't just someone you admire. He's someone you'll follow. This isn't a one-time decision; it's a daily "yes." A disciple wakes up each day and says, "I'm yours, Jesus." *Surrender your life to Christ and become a Christian.

Step 2 – Develop Regular Spiritual Disciplines

The best way to follow Jesus is through rhythms that keep your heart aligned with His. Begin to pray daily. Read Scripture consistently. Set aside time to fast occasionally and worship often. These aren't religious tasks. They are tools for staying in rhythm.

Step 3 – Exemplify the Fruit of the Spirit in Increasing Measure

As you live faithfully, fruit begins to show—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control

**View steps to become a Christian on page 57.*

(Galatians 5:22-23). These aren't things you force; they are the natural overflow of a faithful life. You won't be perfect, but you will, over time, be transformed. This is not within your power to manifest, it is a work we welcome God to do in us.

Question: *How have you seen God use small acts of faithfulness in your life to shape who you are becoming?*

KEEP SHOWING UP

Living faithfully doesn't mean you never stumble—it means you keep showing up. You don't quit when it gets quiet. You don't stop when it feels small. You trust that these rhythms, over time, will shape you into someone who looks more like Jesus.

So, start where you are.
Pray honestly.
Read slowly.
Fast occasionally.
Worship fully.

And keep showing up. Because a disciple of Jesus lives *faithfully*—and faithfulness, over time, leads to fruitfulness.



This six-day devotional plan is designed to help you intentionally engage with the rhythm of living faithfully by spending a few minutes each day reflecting on Scripture. Each day, read the selected Bible verse slowly, consider what God is saying through it and then answer these two reflection questions honestly and prayerfully.

- **What is God saying through this passage?**
- **How should I respond?**

You can journal your thoughts, pray through what you've read or discuss it with a friend or small group. On Day 7, you're invited to practice true rest—step away from routine, unplug from noise and simply be with God. Don't read, don't write—just rest.

DAY 1: Luke 16:10

"Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much."

DAY 2: 1 Thessalonians 5:16-18

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

DAY 3: Psalm 1:2-3

"But whose delight is in the law of the Lord, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers."

DAY 4: Matthew 6:17-18

"But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

DAY 5: Hebrews 13:15

"Through Jesus, therefore, let us continually offer to God a sacrifice of praise—the fruit of lips that openly profess his name."

DAY 6: Galatians 5:22-23

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law."

Blank lined paper for writing.



CHAPTER THREE

A DISCIPLE OF JESUS LIVES COMMUNALLY

SCRIPTURE: ACTS 2:42-47

“

“Friendship is born at that moment when one person says to another: ‘What! You too? I thought I was the only one.’”

– **C.S. LEWIS**

”

There’s something special about gathering around a campfire—the flicker of the flames, the warmth on your face and the bond formed in the shared circle. People draw close. Stories get told. Laughter is louder. Silence is more sacred. You feel it, the connection. Everyone contributes something: a story, a song, a log for the fire. If someone steps away for too long, they feel the chill. But when they come back to the circle, they feel the warmth again.

That’s a picture of what the Church is meant to be. Not rows of strangers but circles of brothers and sisters. Not individual sparks scattered in the dark but a shared fire, one that’s brighter and warmer because we’re tending it together.

Question: *Where have you experienced the warmth of true Christian community in your life?*

When Jesus called people to follow Him, He didn't call them into isolation. He called them into community. From the very beginning, discipleship was never meant to be a solo endeavor. It was, and still is, a shared journey.

In Acts 2, we get a vivid glimpse of what true spiritual community looked like in the early church:

"They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer... All the believers were together and had everything in common... They broke bread in their homes and ate together with glad and sincere hearts... And the Lord added to their number daily those who were being saved." - **ACTS 2:42-47**

This wasn't shallow social interaction. It was deep, life-on-life, sacrificial community. They didn't just attend the same service; they shared their lives. They broke bread together, carried each other's burdens and worshiped side by side. They were devoted to one another.

So, what does it look like for us to live in that same rhythm today? How can we rekindle the flame of true Christian community in our time? Let's explore three key expressions of Christian community and practical steps to live them out.

WORSHIPING TOGETHER

The rhythm of weekly worship is one of the most powerful communal practices in the life of a disciple. In Sunday worship, we lift our voices together, hear God's Word together and declare our faith together. It is where we're reminded that we are not alone, that God is still moving and that our stories are part of something far bigger than ourselves.

Gathering with the people of God anchors us, realigns our hearts and opens us up to the Spirit's work through song, Scripture, sacraments and the shared presence of one another. Attending worship isn't about earning points with God. It's about rhythm. It's about placing ourselves consistently in the presence of God with the people of God so that transformation can take root.

LEARNING TOGETHER

Acts 2 tells us the early believers were devoted to the apostles' teaching. They didn't just believe, they wanted to grow. They gathered regularly to learn what it meant to follow Jesus with their whole lives.

Today, we carry on this rhythm through discipleship classes, Bible studies and spiritual formation gatherings. Whether it's a seasonal class, a men's or women's event or a short-term group, these environments provide space to dig deeper. We wrestle with questions, explore Scripture and sharpen one another. We are formed not just by information, but by relationship and learning in the context of community.

GROWING TOGETHER

Perhaps the most powerful expression of communal living in Acts 2 is their life together. They shared meals. They prayed. They supported one another. They opened their homes. This wasn't just occasional—it was the daily rhythm of their lives.

That's why small groups matter so much. A small group is more than a meeting or an appointment. It's a family. It's a place where you're known, loved and challenged. It's a place where you can celebrate victories and carry burdens. It's a place where spiritual growth happens not in isolation, but in connection. We can't do that unless we're living close enough to develop the intimacy that leads to trust, honesty and vulnerability.

LIVING INTO THE RHYTHM: A 3-STEP PROCESS

So how do you begin to live this out? Community doesn't happen overnight. It grows through intention. Here's three simple steps for leaning into the communal rhythm of discipleship.

Step 1 – Attend Worship Regularly

Make Sunday worship a non-negotiable rhythm in your week. Prioritize being with your church family. Listen for God's voice. Show up expecting God to move, not just in you, but through you. You don't just attend to consume content, but to contribute to the overall flourishing of the church family. The driving mentality of a communal Christian is that when others can be here to worship, we are committed to do it for them.

Step 2 – Invest in Discipleship Classes or Gendered Annual Events

Take the next step by joining a class, retreat or special event geared toward your growth. These are focused environments to dig into Scripture, strengthen your spiritual practices and build relationships. You'll not only grow in knowledge, but you'll also grow in connection. These opportunities don't require a long-term commitment as they are limited in scope.

Step 3 – Commit to a Small Group

Don't just attend, belong. Find a group that meets regularly and lean in. Be honest. Be consistent. Be vulnerable. A small group becomes your spiritual home base, a circle of trust, encouragement and accountability. These groups form twice a year and have the power to transform your life.

Question: *Which of the three communal rhythms—worship, discipleship classes or small groups—is your next step?*

YOU WEREN'T MEANT TO GO ALONE

We live in a world that values independence, but the Kingdom of God values interdependence. We need one another, not as accessories to our faith, but as essential instruments in God's formation process.

When you isolate yourself, you limit your growth. But, when you step into biblical community, when you commit to worship, learning and small group community, you position yourself to grow in ways you never could alone.

So, step into the rhythm. God has wired you for relationship. And in walking with others, you'll find the strength, encouragement and formation to satisfy the yearning in your soul.

Because a disciple of Jesus lives *communally*—not occasionally but rhythmically, not for convenience but for transformation.

This six-day devotional plan is designed to help you intentionally engage with the rhythm of living communally by spending a few minutes each day reflecting on Scripture. Each day, read the selected Bible verse slowly, consider what God is saying through it and then answer these two reflection questions honestly and prayerfully.

- **What is God saying through this passage?**
- **How should I respond?**

You can journal your thoughts, pray through what you've read or discuss it with a friend or small group. On Day 7, you're invited to practice true rest—step away from routine, unplug from noise and simply be with God. Don't read, don't write—just rest.

DAY 1: Hebrews 10:24-25

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."

DAY 2: Romans 12:4-5

"For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others."

DAY 3: Colossians 3:13-14

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity."

DAY 4: Philippians 2:1-2

"Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind."

DAY 5: Galatians 6:2

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

DAY 6: Ecclesiastes 4:9-10

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up."

[illegible]

CHAPTER FOUR

A DISCIPLE OF JESUS LIVES GENEROUSLY

SCRIPTURE: LUKE 6:38

“

“No one has ever become poor by giving.”

– **ANNE FRANK**

”

Generous people stand out, not because they seek attention but because their lives reflect something deeper. They live with open hands and open hearts, not clinging to what they have but freely giving what they've been given. They're the kind of people who tip big, lend freely, serve joyfully and give quietly, yet their impact echoes loudly. Why? Because generosity changes things. It changes lives. And most of all, it changes us.

Jesus teaches a powerful principle in Luke 6:38: when we give, we receive in return. But it's not in the way the world might expect. This isn't about transactional giving or the prosperity gospel. It's about a deeper truth: when we live with open hands, we experience the abundance of God's grace, peace and provision. Generosity is not about losing something; it's about gaining a new way of living.

GENEROSITY IS A RHYTHM, NOT A ONE-TIME ACT

In a culture obsessed with accumulation, generosity can feel counterintuitive. But in the way of Jesus, it's essential. Generosity isn't just a financial decision; it's a discipleship decision, a way of seeing the world. It's a recognition that everything we have—time, money, energy, influence—is a gift. And those gifts aren't meant to be hoarded but shared.

For disciples of Jesus, giving isn't a burden. It's a rhythm. Like prayer or worship, it's something we practice regularly and intentionally. And when we do, we join in the work God is already doing in the world: lifting burdens, meeting needs, opening doors and bringing hope.

The world is full of need, but it's also full of opportunity. When we give, we participate in that opportunity. We fuel ministry, bless families, support missions and create change. Generosity builds bridges between people, communities and even nations. It opens conversations, softens hearts and brings light to dark places.

Question: *In what ways have you seen generosity, either your own or someone else's, impact lives or situations?*

A REAL-WORLD IMPACT

Think about the difference one generous act can make.

A teenager in your church can go on a life-changing mission trip, because someone gave. A struggling single mom gets groceries delivered to her door, because a neighbor cared. An entire village can get clean water, because a church gave beyond its own walls.

Generosity brings the Kingdom of God to earth in tangible ways. But, ultimately, we don't just practice generosity because of its impact on others but also its impact on us. God calls us to give because the act of giving protects us from the sin of greed and teaches us to trust God more and more. In fact, if we can trust God with our money, we can learn to trust Him with everything else.

And here's the beauty: generosity doesn't require wealth. It requires willingness. It's not about the size of the gift but the heart behind it. Some of the most powerful acts of giving come from those with the least to spare but the most trust in God's provision.

LIVING INTO THE RHYTHM: A 3-STEP PROCESS

Like any spiritual rhythm, generosity is something we grow into over a lifetime. It's not about where you start—it's about your next faithful step. Here's a simple framework to help you move forward.

Step 1 - Occasional Giving

This is where many begin, giving when there's a need or when they feel prompted. It might be dropping a few dollars in the offering plate, donating to a fundraiser or giving to someone in crisis. Occasional giving is meaningful and often deeply heartfelt. It's the seed of generosity beginning to grow.

Step 2 - Percentage-Based Giving (Growing Toward a 10% Tithe)

This step is where generosity becomes a rhythm. Tithing, giving 10% of your income to God's work, is a practice rooted in Scripture and sustained by trust. It says, "God, I trust You with the first and best of what I have." It takes intentionality and planning. It may stretch your faith. So, consider starting by giving 1% of your income and slowly increase that percentage over time until you reach a 10% tithe. Tithing is where many discover the joy of sustained generosity. When you give consistently, you fuel the ongoing work of the church, missions and community ministry. You're not just reacting to need. You're preparing for it.

Step 3 - Sacrificial Giving (Beyond the Tithe)

This is where generosity becomes transformative. It's not about checking a box; it's about pouring out what you've been given in bold, faith-filled ways. This kind of giving asks: "What more can I do?" It's the couple who gives beyond their tithe to support a child in need. It's the family who downsizes so they can give more freely. It's the business owner who dedicates profits to a ministry. Sacrificial giving pushes us beyond comfort into calling. It comes from hearts fully surrendered to God's leading.

THE OVERFLOWING LIFE

Jesus didn't just *talk* about generosity; he lived it. He gave His time, His energy, His attention and ultimately His life. His entire ministry was marked by giving. When we give, we reflect the very nature of the One we follow.

And here is what's amazing: generous people rarely feel like they're losing something. In fact, they'll often tell you they feel richer... richer in joy, in purpose, in gratitude, in peace.

Generosity sets you free from greed, fear and the lie that your life is defined by what you own. Instead, you begin to live in the flow of God's provision, trusting that the same God who gave it to you can multiply it through you.

Question: *How is God inviting you to trust Him more through generosity?*

YOUR NEXT STEP

So where are you today?

Are you just beginning to explore what generosity looks like? Take a step. Start small but start. God's Kingdom is built on the generosity of everyday disciples. The question isn't "Can I afford to give?" but "How can I afford *not* to give?" In a world that's desperate for hope, your giving makes more of a difference than you know.

So, give freely, joyfully and faithfully, because a disciple of Jesus lives generously and the rhythm of generosity will ripple through the world in ways only God can measure.

This six-day devotional plan is designed to help you intentionally engage with the rhythm of living generously by spending a few minutes each day reflecting on Scripture. Each day, read the selected Bible verse slowly, consider what God is saying through it and then answer these two reflection questions honestly and prayerfully.

**What is God saying through this passage?
How should I respond?**

You can journal your thoughts, pray through what you've read or discuss it with a friend or small group. On Day 7, you're invited to practice true rest—step away from routine, unplug from noise and simply be with God. Don't read, don't write—just rest.

DAY 1: Proverbs 11:24-25

"One person gives freely, yet gains even more; another withholds unduly, but comes to poverty. A generous person will prosper; whoever refreshes others will be refreshed."

DAY 2: 2 Corinthians 9:6-7

"Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will also reap generously. Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver."

DAY 3: 1 Timothy 6:17-19

"Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life."

DAY 4: Acts 20:35

"In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.'"

DAY 5: Malachi 3:10

"'Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this,' says the Lord Almighty, 'and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.'"

DAY 6: Matthew 6:19-21

"Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CHAPTER FIVE

A DISCIPLE OF JESUS LIVES HUMBLY

SCRIPTURE: PHILIPPIANS 2:3-5

“

“Pride makes us artificial, and humility makes us real.”
– **THOMAS MERTON**

”

Have you ever watched someone serve behind the scenes? They may quietly set up chairs before anyone arrives, refill coffee cups or hold a crying baby in the nursery? These kinds of acts rarely make the headlines. They don't often get applause. But, in the Kingdom of God, they matter immensely.

The rhythm of humility is perhaps one of the most countercultural of all. In a world obsessed with status, recognition and platform, Jesus invites us to kneel, to serve, to lead by lowering ourselves and to humbly step into the very heart of who Jesus is.

It's not just a good idea. It's essential. In Philippians 2, the Apostle Paul calls us to imitate the mindset of Christ, who willingly made Himself nothing, took the nature of a servant and became obedient even to death on a cross. The way of humility isn't weak. It's powerful. It's not passive. It's proactive. And it always leads us to serve others.



Question: *Where in your life are you tempted to seek recognition rather than embrace humility?*

HUMILITY IN MOTION

Humility is more than a posture. It's a practice. One of the clearest places this rhythm shows up is within the local church. God invites us to serve. When we serve out of that calling instead of out of a desire to be seen, we are walking in the way of Jesus.

Humility within the church means doing what needs to be done, not what gains the most attention. It means holding the door, wiping the tables, teaching the kids or running slides in the back, all without needing a spotlight. It's the quiet power of people who are more committed to building the Kingdom than building their own name.

This rhythm of humble service shapes both our character and our community. It reminds us that the church isn't a show we attend but a body in which we participate. Everyone has a role. Everyone is needed. And, when we serve with humility, we begin to look a lot more like Jesus.

JESUS, OUR EXAMPLE

Paul paints a powerful picture in Philippians 2: Jesus—though fully God—did not cling to status or power. Instead, He emptied Himself. He made Himself nothing. He became a servant.

Think about that image. The Creator of the universe knelt to wash feet. The One who holds all things together allowed Himself to be broken. That's the kind of humility we're called to reflect, not false modesty but radical service.

And it starts right where you are right now. It's not for someday. It's not for when you feel "spiritually ready." It's for right now, with whatever gifts you have, in whatever way you can serve.

LIVING INTO THE RHYTHM: A 3-STEP PROCESS

This rhythm of humility is something we grow into over our lifetime. Everyone's journey looks a little different, but here are some helpful steps to follow.

Step 1 - Serve at a One-Time Event

The first step is simply stepping in. You don't need to know your long-term calling or spiritual gift mix. You just need to be willing to

help. Show up to serve at a church workday, a community outreach event or a student ministry event. One-time opportunities open the door to see what serving feels like, and often, how much joy it brings. This kind of serving builds community and momentum. It's low-commitment but high-impact. And more than anything, it reveals that humble service isn't something reserved for "church leaders", it's something we all get to do.

Step 2 – Take on a Regular Role in Church Ministry

Once you've experienced the joy of serving occasionally, the next step is to commit consistently. This might mean joining a rotation in kids ministry, becoming a greeter, helping with production or serving on a hospitality team. These regular roles create rhythm and reliability. They build relationships and help ministries flourish.

Consistent serving invites you into a deeper sense of ownership. This isn't "the church I go to" anymore, it's "the church where I serve." You begin to see how your unique gifts meet real needs, and you realize that your faithful presence matters more than you thought.

Step 3 – Commit to Serve in a Leadership Role

For those who've been faithfully serving, God often nudges us toward more. It's not about more busyness but more responsibility. Serving in a leadership role might mean coordinating a team, mentoring new volunteers or becoming a small group leader. Leadership in the church is not about climbing a ladder; it's about washing more feet.

Jesus modeled this perfectly. He led by example. He loved without condition. He called others up and out. If you sense God calling you deeper, don't resist that nudge out of fear. Step in with the same humble mindset Christ had, knowing He equips those He calls.

Question: *What's one step you can take this week to serve humbly in your church or community?*

WHY HUMBLE SERVICE MATTERS

Serving isn't just good for the church; it's good for your soul. It recenters you. It reminds you that the world doesn't revolve around you. It keeps pride in check and grows compassion in its place.

It also sends a message to the world: the church is not a place of performance but of participation. When people see a community where everyone serves, where no task is beneath anyone and where needs are quietly met with love, they see a glimpse of the Kingdom. Humility is contagious. It multiplies impact. It reflects Jesus.



YOUR ROLE, YOUR RHYTHM

So where are you in the rhythm of humility?

Maybe you've been hesitant to step in and serve at all, unsure of your skills or your worth. Hear this: the church needs *you*. It doesn't need a perfect version of you, it needs *you*, right now, willing to serve with humility and grace.

A FINAL WORD

The rhythm of humility isn't flashy, but it's powerful. It forms us into the likeness of Christ. It builds up the body of Christ, and it blesses the world around us.

You don't have to have it all figured out. You just have to be willing to kneel, to show up, to say "yes". Because a disciple of Jesus lives humbly—and in that rhythm we find joy, purpose and the heartbeat of God Himself.

This six-day devotional plan is designed to help you intentionally engage with the rhythm of living humbly by spending a few minutes each day reflecting on Scripture. Each day, read the selected Bible verse slowly, consider what God is saying through it and then answer these two reflection questions honestly and prayerfully.

- **What is God saying through this passage?**
- **How should I respond?**

You can journal your thoughts, pray through what you've read or discuss it with a friend or small group. On Day 7, you're invited to practice true rest—step away from routine, unplug from noise and simply be with God. Don't read, don't write—just rest.

DAY 1: John 13:3-5

"Jesus knew that the Father had put all things under his power, and that he had come from God and was returning to God; so, he got up from the meal, took off his outer clothing, and wrapped a towel around his waist. After that, he poured water into a basin and began to wash his disciples' feet, drying them with the towel that was wrapped around him."

DAY 2: James 4:6

"But he gives us more grace. That is why Scripture says: 'God opposes the proud but shows favor to the humble.'"

DAY 3: Luke 14:11

"For all those who exalt themselves will be humbled, and those who humble themselves will be exalted."

DAY 4: 1 Peter 5:5-6

"All of you, clothe yourselves with humility toward one another, because, 'God opposes the proud but shows favor to the humble.' Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time."

DAY 5: Matthew 23:11-12

"The greatest among you will be your servant. For those who exalt themselves will be humbled, and those who humble themselves will be exalted."

DAY 6: Romans 12:10-11

"Be devoted to one another in love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord."



This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

CHAPTER SIX

A DISCIPLE OF JESUS LIVES MISSIONALLY

SCRIPTURE: MATTHEW 28:18-19

“

*“Mission is not an activity to be scheduled;
it is a lifestyle to be lived.”*

– TIM KELLER

”

If you’ve ever watched someone train for a marathon, you know the commitment it takes. There’s a reason they don’t just wake up one morning and run 26.2 miles. They build their stamina one step at a time, slow, steady and intentional. Living on mission as a disciple of Jesus works much the same way. For it to be the rhythm of our everyday life, we must be conditioned for it.

The call to live missionally isn’t just for pastors or overseas missionaries. It’s for every follower of Jesus. It’s not an optional add-on for the spiritually elite; it’s baked into the very identity of a disciple. From the moment Jesus gave the Great Commission in Matthew 28, every believer was sent.

He said, “Go,” not just to a foreign land or to a church service. He said, “Go into *all the world*”—your neighborhood, your school, your workplace, your community—to make disciples.

But here’s the beautiful truth: you don’t have to go far to live on mission. You just have to go intentionally.

THE MISSION STARTS WITH PRESENCE

Living missionally starts with presence. Before you preach, serve. Before you speak, listen. You live missionally when you bring the presence of Jesus with you wherever you go. Whether you're holding a hammer on a construction site, delivering meals to a family in need or simply being a faithful friend, you're carrying light into darkness.

Mission is rarely loud. Sometimes it looks like showing up week after week to tutor a student, stock a food pantry or build relationships with people who don't yet know the hope of Christ. It's about seeing your everyday life as a field where God has planted you on purpose.

The point isn't how far you go; the point is how available you are.

Question: *Where has God already placed you to live on mission, and how might you be more intentionally present there?*

WHY THIS RHYTHM MATTERS

The world is desperate for hope, for love that doesn't come with conditions and for peace that passes understanding. And God, in His grace, chose *us*, His people, to carry that message. That means every disciple has a mission.

But here's the thing, many believers feel unqualified or unsure of how to begin. That's okay. God doesn't wait for perfection; He honors our obedience. If you're willing to take a step, He'll meet you in it.

The rhythm of living missionally forms us into people who are outward-focused, not self-obsessed. It pushes us beyond our comfort zones into divine opportunities. And as we live on mission, we not only transform the lives of others, but we're also transformed in the meantime.

LEARN, PRAY, SERVE

Before we can live missionally, we need to posture our hearts to be shaped by God's mission. That begins with learning—opening Scripture, reading stories of God's heart for the world and understanding His desire that none should perish. As you learn, ask God to show you what breaks His heart. Then pray. Pray not just for opportunities, but for courage. Pray for the people around you who need hope, and pray that God would give you eyes to see your everyday life as a mission field.

Then, serve. Don't wait for a big moment. When you learn about God's heart, pray for His direction and take action through service, your faith becomes real in motion. These simple steps may feel ordinary, but they cultivate a heart that's sensitive to God's leading, and a life aligned with His purpose.

LIVING INTO THE RHYTHM: A 3-STEP PROCESS

This rhythm isn't something we master overnight, but we can take intentional steps to grow in it. Here's some helpful steps.

Step 1 – Serve with a Local or Global Mission Partner

The first step is simple: show up and serve. Look into your church's mission partners—a local food bank, a homeless ministry or an international organization doing good work around the world. You don't need all the answers or the perfect words, you just need a willing heart.

Serving on a mission team or participating in a local outreach effort opens your eyes to needs you might not have noticed before in your community or around the world. It moves your faith from theory to practice. You begin to see what happens when the gospel isn't just something you believe, but something you do.

Step 2 – Regularly Serve with a Mission Partner

Once you've dipped your toes into serving, the next step is consistency. Maybe it's mentoring a teen every week. Maybe it's sponsoring a child through a global ministry and praying for them regularly. Maybe it's showing up every month at a nursing home, homeless shelter or prison.

When you move from occasional service to regular engagement, your heart begins to change. You develop relationships. You start to see the bigger picture. You become part of a story that stretches far beyond your own. Missional living isn't about momentary impact; it's about faithful presence over time.

Step 3 – Regularly Talk to Others About Jesus Christ

Eventually, living missionally must include words. We serve because we love, but we speak because the gospel is too good not to share. This doesn't mean every conversation turns into a sermon. It means living in such a way that when people see your life, they want to know why you live the way you do. And when the door opens, you're ready to share the hope that's within you.

You don't need a theology degree. You don't need to quote chapter

and verse of scripture, you just need to share your story of how Jesus changed your life and invite others into that same grace. The most powerful witness is a life faithfully lived, seasoned with truth and grace.

SMALL STEPS, BIG IMPACT

You might never preach to a stadium or travel across the globe, but you can serve your neighbor. You can show up for someone in need. You can share hope with a coworker over lunch. And that is living missionally.

Every act of generosity, every word of encouragement, every moment spent listening with compassion is part of the Kingdom coming to earth as it is in heaven. The ripple effect of one life lived on mission is immeasurable.

YOUR EVERYDAY YES

So here's the challenge: what's your next yes?

Maybe it's signing up for your church's next local outreach. Maybe it's joining a global mission trip. Maybe it's simply starting a conversation with someone in your life who needs Jesus.

Don't wait for the perfect moment. Start where you are. Use what you have. Trust that the Spirit of God will give you what you need.

Remember, the goal isn't performance but obedience. The pressure isn't on you to save anyone. God does the saving. You just do the going.

Question: *What's one way you can say "yes" to God's mission this week— right where you are?*

FINAL WORD

A disciple of Jesus lives missionally—not out of obligation, but out of overflow. Because we've received grace, we go. Because we've been changed, we serve. Because we've been loved, we speak up.

This rhythm isn't reserved for the few. It's for all of us. And when you step into it, you'll find your faith expanding, your heart growing and your life aligned with God's great rescue mission for the world.

This six-day devotional plan is designed to help you intentionally engage with the rhythm of living missionally by spending a few minutes each day reflecting on Scripture. Each day, read the selected Bible verse slowly, consider what God is saying through it and then answer these two reflection questions honestly and prayerfully.

- **What is God saying through this passage?**
- **How should I respond?**

You can journal your thoughts, pray through what you've read or discuss it with a friend or small group. On Day 7, you're invited to practice true rest—step away from routine, unplug from noise and simply be with God. Don't read, don't write—just rest.

DAY 1: John 20:21

"Again Jesus said, 'Peace be with you! As the Father has sent me, I am sending you.'"

DAY 2: Isaiah 6:8

"Then I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' And I said, 'Here am I. Send me!'"

DAY 3: 2 Corinthians 5:20

"We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God."

DAY 4: Romans 10:14-15

"How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? And how can anyone preach unless they are sent? As it is written: 'How beautiful are the feet of those who bring good news!'"

DAY 5: Colossians 4:5-6

"Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."

DAY 6: Matthew 5:14-16

"You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

[illegible]

CHAPTER SEVEN

THE RHYTHM OF REST

SCRIPTURE: MATTHEW 11:28-30

“

*“The Christian life is not about grinding nonstop;
it’s about living rhythmically—
working hard and resting well under God’s grace.”*

– JOHN MARK COMER

”

There’s a moment in any good song, especially one with a beautiful rhythm, when the music pauses. It’s not because the music is over but because the rest makes the return of the rhythm even more meaningful. It gives the listener space to breathe, reflect and absorb what’s come already. The same is true in our walk with God.

After all we’ve explored—living faithfully, communally, generously, humbly and missionally—there’s one more rhythm that holds them all together: *rest*. And not just physical rest, but soul rest, a spiritual exhale, a deliberate pause in the pursuit of “doing” to remember we were made for “being”.

This rhythm isn’t about inactivity. It’s about *intentionality*. It reminds us that discipleship is not about completing a program or checking spiritual boxes. It’s about living in step with someone—Jesus. And He doesn’t rush. He is always on time.

MORE THAN A DAY OFF

Rest isn't laziness. It's not binge-watching a show or sleeping in once a month. It's a way of life rooted in the character of God. Think about it. The very first thing God modeled for humanity after creation wasn't work; it was rest. On the seventh day, He paused, not because He was tired, but because He was finished. He wanted His people to know that rest is sacred. Rest is good.

And Jesus, too, lived by this rhythm. Over and over, we see Him withdrawing to lonely places, quiet spaces and mountain tops, not to escape people, but to be recentered by the Father. He wasn't driven by the pressure to produce. He moved in step with purpose and peace.

So, what about us?

YOU'RE NOT A MACHINE

We live in a world addicted to hurry. Faster is better. More is expected. We wear exhaustion like a badge of honor. But the way of Jesus is different. He invites us to rest, not just occasionally but rhythmically, because He knows what constant striving does to the soul.

When we neglect rest, we become spiritually brittle. Our passion fades. Our prayers grow shallow. Our service becomes performance instead of worship. We begin to forget why we started.

But when we rest, we remember.

We remember that we are not God and that the world keeps spinning even when we stop. We remember that our worth is not found in our output but in our identity as beloved children. And we remember that the Christian life isn't a race to the finish, but a journey to enjoy.

THIS IS A RHYTHM, NOT A RACE

Let's be honest, spiritual growth can sometimes feel like a list of things to do: pray, read, give, serve, share. But, living in rhythm with God means embracing both movement *and* margin, engagement *and* retreat, activity *and* stillness.

This is not a program to finish in six weeks and then move on from forever. This is a pattern you return to again and again.

You don't graduate from prayer.
You don't outgrow community.

You don't complete generosity or service or mission.
You practice them over and over with increasing depth and joy.

Like music, the rhythm of discipleship becomes more beautiful the more you live into it. The longer you walk with Jesus, the more you learn when to move and when to rest, when to speak and when to listen, when to pour out and when to be filled.

This is the invitation: *to stop measuring your faith by what you've finished and to start measuring it by what comes consistently.*

Rest is where it all comes together.

Rest is where the other rhythms find meaning. Rest is the soil where the fruit of the Spirit grows. It's the quiet space where God reminds you: I'm not in a hurry with you. I'm just inviting you to stay in step.

THE FINAL RHYTHM: RETURN

So how do you live into this rhythm? You return, again and again.

You come back to the feet of Jesus, no matter how far you've drifted. You recenter your heart in Him. You take time weekly, even daily, to be still and know that He is God.

This final rhythm isn't about pulling away from life. It's about learning how to move through life at the speed of grace. It's not about quitting but about quitting the pressure to prove your worth.

ONE STEP AT A TIME

Maybe this booklet has stirred something in you. Maybe it's given you language for a desire you already had to live differently, more deeply, more in sync with the life Jesus has promised us.

But hear this clearly: you don't have to do everything all at once. You don't need to sprint through these rhythms.

So, take a breath.

And wherever you are, start there.

Take one step.

Establish one rhythm.

Return to it again.

And when you forget, when you fall behind or when life gets loud... come back to rest.

The music is still playing.

You don't have to lead.

You just have to follow.

You just have to stay in step with God.

This is the rhythm of a disciple.

And it is the rhythm of a life well-lived.

This six-day devotional plan is designed to help you intentionally engage with the rhythm of rest by spending a few minutes each day reflecting on Scripture. Each day, read the selected Bible verse slowly, consider what God is saying through it and then answer these two reflection questions honestly and prayerfully.

- **What is God saying through this passage?**
- **How should I respond?**

You can journal your thoughts, pray through what you've read or discuss it with a friend or small group. On Day 7, you're invited to practice true rest—step away from routine, unplug from noise and simply be with God. Don't read, don't write—just rest.

DAY 1: Genesis 2:2-3

"By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done."

DAY 2: Psalm 62:5-6

"Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken."

DAY 3: Mark 6:31

"Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.'"

DAY 4: Hebrews 4:9-11

"There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest..."

DAY 5: Psalm 23:1-3

"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul."

DAY 6: Exodus 33:14

"The Lord replied, 'My Presence will go with you, and I will give you rest.'"

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

RESOURCES

HOW TO PRACTICE THE ACTS METHOD OF PRAYER

Prayer doesn't have to be complicated. The ACTS method offers a simple, meaningful way to talk with God by guiding your heart through four key movements: Adoration, Confession, Thanksgiving and Supplication.

1. Prepare a Quiet Space

- Find a peaceful place where you can be alone with God.
- Take a few deep breaths and center your mind on His presence.
- Begin by inviting the Holy Spirit to guide your time in prayer.

2. A - Adoration (Praise)

- Begin your prayer by focusing on who God is.
- Praise Him for His greatness, holiness, love, faithfulness and power.
- Use a Psalm or a favorite worship song if you need help finding words.

***Example:** "God, You are my refuge and strength. You are holy, just and full of mercy."*

3. C - Confession (Honesty)

- Honestly admit your sins and shortcomings to God.
- Don't hide— God already knows. Confession clears the path for deeper connection.
- Ask for forgiveness and receive His grace.

***Example:** "Lord, I confess my pride and impatience. I'm sorry for the ways I've hurt others. Please forgive me."*

4. T - Thanksgiving (Gratitude)

- Thank God for what He's done— big or small.
- Reflect on recent blessings, answered prayers or simply the gift of life.
- Let gratitude shape your heart.

***Example:** "Thank You for my family, for strength today and for Your constant presence."*

5. S - Supplication (Requests)

- Bring your needs, and the needs of others, to God.
- Ask for wisdom, strength, healing or provision.
- Pray specifically, trusting that God hears and cares.

Example: “Lord, give me patience at work today. Please help my friend who is struggling. Lead our church in Your will.”

6. Conclude

- End with a brief moment of stillness or a simple prayer like the Lord’s Prayer.
- Carry your conversation with God into the rest of your day with faith and trust.

Helpful Tips

- Keep a journal to write your prayers and what God is showing you.
- Try praying ACTS out loud or silently—whatever helps you focus.
- Don’t aim for perfect words. God wants your heart, not a performance.

HOW TO PRACTICE LECTIO DIVINA

Lectio Divina, Latin for “divine reading,” is an ancient Christian practice of prayerfully reading Scripture to encounter God in a personal and transformative way. Rather than studying the Bible for information, lectio divina invites you to slow down and listen for God’s voice through His Word.

1. Prepare a Quiet Space

- Find a calm, quiet place where you won’t be disturbed.
- Sit comfortably and take a few deep breaths.
- Say a short prayer asking the Holy Spirit to guide your time in Scripture.

2. Lectio (Reading)

- Choose a short passage of Scripture (e.g., a Psalm, a Gospel story or a few verses from an epistle).
- Slowly read the passage aloud or silently.
- Read it two or three times, paying attention to any words or phrases that stand out.

3. Meditatio (Meditation)

- Reflect on the words or phrases that caught your attention.
- Ask yourself: *What is God saying to me through this passage?*
- Don't rush. Let the words settle into your heart.
- You may journal your thoughts or sit with a specific word or image.

4. Oratio (Prayer)

- Respond to what you've read and meditated on.
- Speak to God from your heart—whether in praise, thanksgiving, confession or petition.
- This is your personal conversation with God based on the passage.

5. Contemplatio (Contemplation)

- Rest in God's presence. Let go of words and thoughts.
- Simply be with God in silent, loving awareness.
- This is a time of stillness and trust, allowing God to work within you.

6. Conclude

- End with a short prayer, such as the Lord's Prayer or a spontaneous expression of gratitude.
- Carry the word or insight you received with you through the day.

Helpful Tips

- Choose a regular time of day for this practice.
- Use a journal to record insights or prayers.
- Don't worry about doing it perfectly; *lectio divina* is a practice of attentiveness, not performance.

HOW TO PRACTICE THE SOAP METHOD OF BIBLE STUDY

The SOAP method is a simple and powerful way to engage with Scripture and apply it to your daily life. It stands for Scripture, Observation, Application and Prayer. Using SOAP helps you slow down, reflect deeply on God's Word and respond thoughtfully.

1. Prepare a Quiet Space

- Find a calm, quiet place where you won't be disturbed.
- Sit comfortably and take a few deep breaths.
- Begin with a short prayer, asking God to speak to you through His Word.

2. S - Scripture

- Choose a short passage of Scripture (a few verses or a chapter).
- Read the passage slowly and thoughtfully, even multiple times.
- Write down the verse or verses that stand out to you most.

3. O - Observation

- What do you notice about the passage?
- Who is speaking? Who is being addressed?
- Are there any repeated words, key themes or commands?
- Write down your observations—what's happening, what truths are being revealed?

4. A - Application

- Ask: How does this apply to my life right now?
- Is there a sin to confess, a promise to claim, a command to obey or an example to follow?
- Write down how you will live differently because of this truth.

5. P - Prayer

- Write a short prayer responding to what you've learned. It could include praise, confession, a request for strength or a desire to grow.
- Talk to God about what you read and ask for help to apply it.

6. Conclude

- Close with a moment of stillness, thanking God for His Word.
- Carry the truth or challenge from the passage with you into the rest of your day.

Helpful Tips

- Keep a dedicated journal or notebook for your SOAP studies.
- Try doing this at the same time each day to create a rhythm.
- Don't worry about making it perfect. The goal is not performance—it's connection with God.

HOW TO BEGIN A RELATIONSHIP WITH JESUS

Becoming a Christian is not about having all the answers—it's about responding to God's invitation to know Him through Jesus Christ. It's the most important decision you can ever make. Here's a simple way to begin.

1. Find a Quiet Moment

Take a moment away from distractions. Sit quietly, breathe deeply and open your heart. This is a sacred time to connect with God.

2. Reflect on God's Love

The Bible tells us that God created you, knows you and loves you deeply. Though sin separates us from God, Jesus came to restore that relationship through His death and resurrection.

- **ROMANS 5:8** – *“But God proves his love for us in that while we still were sinners Christ died for us.”*
- **JOHN 3:16** – *“For God so loved the world that he gave his only Son...”*

3. Acknowledge Your Need

We all fall short. Becoming a Christian means admitting our sin and brokenness and recognizing our need for a Savior.

- **ROMANS 3:23** – *“All have sinned and fall short of the glory of God.”*

4. Believe in Jesus

Salvation is not something we earn—it's a gift we receive by trusting in Jesus. He took our sin upon Himself and offers us new life.

- **EPHESIANS 2:8** – *“For by grace you have been saved through faith... it is the gift of God.”*

5. Respond with Faith

Becoming a Christian is a personal decision to trust Jesus with your life. You can begin your journey by simply talking to God in prayer.

A PRAYER TO RECEIVE CHRIST

“Jesus, I know that I need You. I confess that I’ve sinned and fallen short of what You desire for my life. Thank You for dying on the cross for me. I believe You rose from the dead, and I trust You as my Savior and Lord. Come into my life, forgive me, and help me follow You from this day forward. I give myself to You. In Your name I pray, Amen.”

6. Take the Next Step

If you’ve prayed this prayer sincerely, welcome into the family of God! Becoming a Christian is just the beginning. Now it’s time to grow.

- Tell someone—a pastor or trusted Christian—about your decision.
- Join a local church family and get connected.
- Begin reading the Bible (the Gospel of John is a great place to start).
- Get baptized and continue growing in your faith.

A SIMPLE GUIDE TO STARTING YOUR TITHING JOURNEY

1. Prepare Your Heart

Find a quiet moment to pause and focus. Take a deep breath and ask God to help you understand His heart about giving and to guide you in this step of faith.

2. Reflect on What the Bible Says

Spend some time reading key verses about tithing and generosity—like Malachi 3:10, 2 Corinthians 9:6-8 or Luke 6:38. Think about what God is inviting you to do and how He promises to bless those who give faithfully.

3. Be Honest With Yourself

Consider your current attitude toward money and giving. Are there fears, doubts or uncertainties? Acknowledge where you are and be open to what God wants to change in your heart.

4. Make a Practical Plan

Decide how much you will start giving regularly. It doesn't have to be perfect or all at once—start small and commit to being consistent. Set a specific day each month or week for your giving.

5. Pray for Strength and Trust

Talk honestly with God about your hopes and struggles with tithing. Ask Him for the faith to trust Him with your finances and for a generous spirit. Thank Him for His provision and faithfulness.

6. Take the Leap

Give your first tithe with joy, remembering it's an act of worship and trust in God. Celebrate this step forward and remind yourself that tithing is a journey, not a one-time event.

7. Keep Growing

Regularly reflect on how tithing is impacting your relationship with God and your life. Celebrate the blessings you see and be open to growing in generosity over time.

Helpful Tips

- You don't need to have it all figured out—just start where you are.
- Use a journal or app to track your giving and your reflections.
- Remember tithing is about faith and trust, not about perfection or legalism.
- Talk with trusted friends or church leaders if you have questions or need encouragement.



MT. HOREB CHURCH

1205 OLD CHEROKEE ROAD | LEXINGTON, SC 29072
(803) 490-0200 | MTHOREBCHURCH.ORG