

RHYTHMS

The Pulse of Christian Living

Your Guide to
**SPIRITUAL
HEALTH**

WEEK ONE

Spiritual Formation and Disciplines

Key Scriptures

Romans 8:28-29; Romans 12:1-2

Sermon Notes

WEEK TWO

Prayer

Key Scriptures

Matthew 6:9-13; Colossians 1:9-14

Sermon Notes

Spiritual Rhythm Experiences



START HERE

Take 15 minutes and familiarize yourself with this notebook and the “rhythms”/disciplines within it. Which ones resonate with you? Which ones scare you? Remember, they are meant to be tools to help you in your journey of Christlikeness.

CONTINUE ON

Purchase and read one of these books as a complement to our Rhythms series:

The Life You've Always Wanted by John Ortberg

The Ruthless Elimination of Hurry by John Mark Comer

The Celebration of Discipline by Richard Foster

Prayer Rhythm Experiences



START HERE

Choose your 2021 prayer. Reflect on your life and pick from the sample prayers on the next page. Make this your prayer for 2021.

CONTINUE ON

Pray for others. Contact someone each day this week and ask them how you can pray for them. Pray for their request during the day and find out how the Lord moved in their lives.

MY 2021 PRAYER

God's plan for you is to make you more like Christ. We encourage you to identify and pray for an area in your life that falls short of Christlikeness and to pray that simply throughout 2021. To assist you in your 2021 prayer, to the right are 21 sample biblical prayers of Christlikeness. Here are three steps to help you start praying:

1. Believe that God's goal for you is Christlikeness.

2. Take some time and reflect on your life and on the type of Christlike person you want to be.

3. Choose to pray about one area of your life that presently falls short of Christlikeness.

1. Return to me the joy of my salvation.
2. Help me learn to be content in any situation.
3. Give me a thankful heart.
4. Forgive me my sins and I forgive that one who has sinned against me.
5. Help me to be humble.
6. Give me a compassion for those near me who don't know you.
7. Help me to be truthful.
8. Make me a peacemaker.
9. Grant me the courage and strength to do the right thing.
10. Lead me not into temptation but deliver me from evil.
11. Help me to be a better, more transparent friend.
12. Enable me to serve others and not look to be served.
13. Help me be slow to speak, quick to listen.
14. Replace my anger with grace and patience.
15. Make me more keenly aware of the Holy Spirit's promptings in my life.
16. Help my unbelief.
17. Help me be confident in God myFather's love.
18. Give me a passion for justice.
19. Help me to be patient.
20. May the words of my mouth and the thoughts of my heart be pleasing to you.
21. Teach me to love the Church as you do.

MY 2021 PRAYER IS:

WEEK THREE

Scripture

Key Scriptures

Psalm 119:97-105; 2 Timothy 3:16-17

Sermon Notes

Scripture Rhythm Experiences



START HERE

A week of Ephesians: Starting Monday, begin reading a chapter of the letter to the Ephesians each day this week.

CONTINUE ON

Psalm 119 is the alphabet of God's Word. Start reading this psalm section by section (it is divided up in your Bible by letters of the Hebrew alphabet). For each section, ask and answer the following: What do these verses say about God? About his Word? About my response to his Word?

WEEK FOUR

Silence and Solitude

Key Scriptures

Psalm 46:10; Luke 5:15-16

Sermon Notes

Silence and Solitude Rhythm Experiences



START HERE

Commit to a quarter hour of silence and solitude. This week, spend 15 minutes a day by yourself, alone with God. No phone, no television, no work—just quietly listen.

CONTINUE ON

Sign up to join your fellow Trinity men or women for a silent retreat on October 16 or 23.

WEEK FIVE

Fasting

Key Scriptures

Matthew 6:16-18; Acts 13:1-3

Sermon Notes

WEEK SIX

Confession

Key Scriptures

Psalms 139:23-24; 1 John 1:9

Sermon Notes

Fasting Rhythm Experiences



START HERE

Complete a one-day fast. Choose one day this week to fast (from food, social media, etc.). As your belly growls or your eyes ache for Facebook, be reminded to pray instead.

CONTINUE ON

Complete a Lenten fast. Select something significant to you that you will go without for the next forty days (starting on Ash Wednesday). This “fast” will help you center on Christ and remove any barriers that hinder your walk with him.

Confession Rhythm Experiences



START HERE

A week of confession: Every day this week, read the verses above and practice them. Ask the Lord to reveal any sins in your life. Confess them. Embrace God's forgiveness.

CONTINUE ON

Reconciliation and worship: As Christ stressed the need to make amends before we come to worship, pray for reconciliation. And reach out to anyone you may need to before next Sunday.

WEEK SEVEN

Simplicity

Key Scriptures

Philippians 4:12; 1 Timothy 6:6-8

Sermon Notes

WEEK EIGHT

Serving

Key Scriptures

1 Corinthians 12; Micah 6:8

Sermon Notes

Simplicity Rhythm Experiences



START HERE

Practice giving away. Aside from regular “tithing” (if you never have, start this week), consider giving something you are attached to away to someone who needs it.

CONTINUE ON

Declutter and detach. Go through your books and clothes (even ones you still love) and pay a visit to the Salvation Army or Half-Price Books with them this week.

Serving Rhythm Experiences



START HERE

This week, examine the list of spiritual gifts (1 Corinthians 12:4-11; Romans 12:3-8). Which one(s) sound like you? Ask someone. Consider serving in your area of giftedness.

CONTINUE ON

The Trinity ministry team could use your service. Contact our church office and we will help you get plugged in.