



Gather. Prepare. Send.

OUR G.P.S.

DISCIPLESHIP WEEKLY PATH

HOW-TO USE THE RESOURCE

Daily Rhythms

We all have rhythms of life, some purposeful and some accidental as we live out our lives. For example, we wake up in the morning, eat breakfast, shower and brush our teeth, and then we have a rhythm of work or class that we attend. We also have weekly rhythms. For example, most people work and have classes Monday through Friday, and then rest Saturday and Sunday. Perhaps people run errands on Saturday.

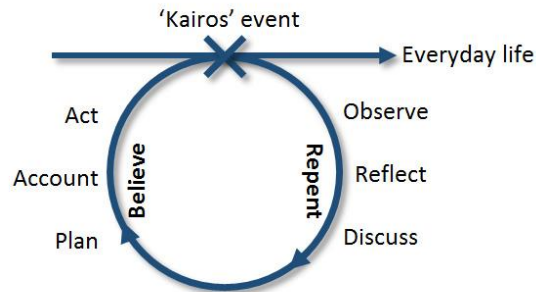
Sometimes the concept of rhythm is lost in our faith world. We might have a weekly rhythm of attending church on Sunday morning, but for the rest of the week we might not think about a rhythm of life and faith. Yet, as with the rest of life, our spiritual life which encompasses and motivates our whole life, needs patterns and habits. These nourish, feed, and inform our faith. I've laid out a simple daily rhythm for you!



It is made up of prayer, Scripture meditation and teaching, and reflection. I will provide each week a **morning prayer and an evening prayer**, each you can use as a resource each day. There are also either a **Scripture reading, a teaching meditation, or a reading from a historic theologian** to engage in on your own time that day. In addition, perhaps before your evening prayer, there is time for Reflection.

Reflection is important as it allows you to consider God's Word and/or the teaching you read as well as your life and experience that day. It's an opportunity to reflect on what Jesus is teaching you. You scan the horizon of your day and consider where there is a need to turn away

from any area of your life contrary to what Christ desires for you (where His word convicts you) and turn toward Him, His forgiveness, and a renewed life of love toward God and others. These events or experiences during the day that can serve as a time of repentance and learning, are called “kairos” events.



Weekly and Yearly Rhythms

Just as there are daily rhythms, there are weekly and yearly rhythms. Weekly rhythms can include weekly Bible Studies, Discipleship groups, Worship, etc.! Yearly rhythms can include milestones, annual celebrations with family and church, etc.!

Lastly

First, this may seem like a laundry list of “to-do’s” or even a syllabi. However, it is helpful to think of it within the context of relationship. These are all means to be in relationship with God. We seldomly complain to hang out with the closest friend we have. We seldomly labor over the idea of communicating with someone close to us. These are opportunities to spend time with God, our Father. These are manners in which we communicate with God, and even more, how He communicates with us and spends time with us.

Second, we will never do the rhythms perfectly and there will be days and weeks where we fall quite short of them. However, like the rest of life, having the intentionality and the discipline to work toward it will benefit our faith and our journey of following and depending on Jesus.

God bless your journey!