

*Daily***Rhythms**

As we seek to cultivate the Culture of Christ, we turn to the rhythms of His life, modeling our own after His example. By taking intentional time in the morning, midday, and night, we can re-center our lives on Jesus and pray for His Kingdom to come. We invite you to use the first few pages of this booklet as a guide, and the remaining pages as a space to pray, process, and practice the ways of Jesus.

Daily Rhythms

MORNING

START THE DAY IN PRAYER & SCRIPTURE. Begin your day by making space to listen for the voice of God through prayer and Scripture. Make it the first thing you do before anything digital, like social media, the news, or television. It can be 5 minutes or 50 minutes. The quantity of time is less important than the quality of time. The goal here is to commune with the living God.

MIDDAY

TAKE BREAKS THROUGHOUT THE DAY. Step outside for a moment, exercise, walk through your neighborhood, or step away from your workstation to pause. Give your body and mind space to breathe as you enjoy God's good creation. Journal, pray, or sit in silence.

NIGHT

END THE DAY IN EXAMEN & GRATITUDE. Recap your day with God. Pay attention to your feelings and emotions. Ask God to show you where He was in the midst of it and anything He is inviting you into. Draw your attention to the things for which you are grateful. Thank Him for every blessing, whether small or big, obvious or hidden.

Morning Rhythms

WAYS OF PRACTICE

As you start your morning in prayer and Scripture, here are some practices to help you do that. Remember, you do not have to do them all at once. Start slow, start small, and start with where you are, not where you wish to be. Breath prayer, praying the Psalms, and reciting ancient prayers are all helpful ways to start our days centered around following the patterns and practices of Jesus.

BREATH PRAYER

The Hebrew word “Ruach” and the Greek word “Pneuma” mean breath, wind, and/or spirit. Practice inhaling and exhaling, paying close attention to your breath and presence. Breath prayer helps us to start our days from a place of simplicity with the Holy Spirit.

EXAMPLES

- Inhale “Still my soul,” exhale “You are God”
(Psalms 46:10)
- Inhale “Jesus, Son of God,” exhale “Have mercy on me”
(Mark 10:47)

THE LORD’S PRAYER

“Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.”

PRAY THE PSALMS

Praying the Psalms means engaging with the ancient prayers and songs of the Bible. The Psalms cover a wide range of human emotions and experiences, from joy and thanksgiving to lament and plea for help. By praying the Psalms, we align our hearts with God's Word and find words to express our own thoughts and feelings.

HOW TO PRAY THE PSALMS

- Choose a Psalm: Select a Psalm that resonates with your current situation or mood.
- Read Slowly: Read the Psalm slowly, paying attention to each word and phrase. Let the words sink into your heart and mind.
- Personalize the Psalm: Insert your own name or situation into the Psalm, making it a personal prayer to God.
- Meditate: Spend time reflecting on the Psalm, asking God to speak to you through it.
- Respond: Respond to God in prayer, using the themes and words of the Psalm as a guide.

EXAMPLES

- Psalm 23: Reflect on God as your shepherd, guiding and caring for you.
- Psalm 51: Use this Psalm of repentance to confess your sins and seek God's forgiveness.
- Psalm 121: Find comfort in God's protection and help in times of trouble.

By praying the Psalms, we join with countless believers throughout history in seeking God's presence and guidance through His inspired Word.

Midday Rhythms

WAYS OF PRACTICE

As you move throughout your day, find intentional space to pause and take breaks. Maybe it's a lunch break, a drive to pick up kids from school, or setting a timer to go off at the same time each day. Whatever it is, take a few moments to acknowledge God's presence, practice intercession prayer, or simply move your body. Taking breaks throughout our day reminds our flesh that we are following the way of an unhurried teacher, Jesus! His yoke is easy, and His burden is light. May the midday practices you choose help you keep Jesus at the center.

EXAMPLES

WALK

Take a brief walk during your lunch break or another free moment. Use this time to clear your mind, appreciate God's creation, and reflect on His goodness. Walk around your work, school, or neighborhood. As you do this, pay attention to what you see. Where is your attention drawn? Invite the Holy Spirit to guide you in your prayers and presence.

MOVING OUR BODIES

Engage in light stretching or simple exercises. This can be done at your desk, in your living room, or outside. Physical movement helps to release tension and reminds us to care for the temples God has given us.

INTERCESSION PRAYER

Set aside a few moments to pray for others. It could be a family member, a friend, or someone in need. Intercession prayer allows us to lift up others to God, seeking His intervention and blessings on their behalf.

CREATING SPACE
**TO BE WITH JESUS,
BECOME LIKE JESUS,
& DO WHAT HE DID.**

Night Rhythms

WAYS OF PRACTICE

Recap your day with God. Pay attention to your feelings and emotions. Ask God to show you where He was in the midst of it and anything He is inviting you into. Draw your attention to the things for which you are grateful. Thank Him for every blessing, whether small or big, obvious or hidden.

EXAMPLES

JOURNALING

Spend a few minutes writing in a journal. Reflect on your day, noting any significant moments, emotions, or insights. Write down the things you are grateful for, and how you saw God at work. Journaling can help process your experiences and deepen your awareness of God's presence.

GRATITUDE LIST

Before going to bed, create a gratitude list. Write down at least three things you are thankful for from the day. This practice shifts your focus from any negative experiences to the positive, fostering a heart of thankfulness and contentment.

QUIET REFLECTION

Spend a few minutes in quiet reflection. Sit in silence, breathe deeply, and allow yourself to be still before God. Use this time to listen for His voice and sense His presence. Quiet reflection can calm your mind and spirit, preparing you for restful sleep.

PRAYER OF EXAMEN

Practice the Prayer of Examen, a spiritual exercise that helps you review your day with God. Start by thanking God for His

presence, then reflect on the highs and lows of your day. Ask the Holy Spirit to guide you in recognizing where God was present and what He is teaching you. Conclude with a prayer of gratitude and commitment.

Replay Look back on your day and what you did. Who did you see? What did you do? Where did you see God?

Reflect As you replay your day, reflect on what you felt. Where were you anxious? What sparked joy? What caused stress?

Repent Take a moment to invite the Holy Spirit to show you any ways you were not honoring God and need to ask forgiveness. Confess any sin and make a conscious choice to turn back to God.

Rejoice End the day in gratitude. Thank God for where you experienced His grace today. Center your thoughts on the goodness and glory of God.

The Examen can be as short as five minutes or as long as an hour. Practicing it once can be beneficial, but making it a daily habit can lead to significant transformation. Consider it a way to converse with God as a friend, maintaining the practice within the framework of your relationship with Him.

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date _____

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REFLECTIONS

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**ADDITIONAL
RESOURCES
AND
RECOMMENDATIONS**

24-7prayer.com

practicingtheway.org

bibleproject.com



NEWCULTURECHURCH.COM