



SACRED RHYTHMS

21 DAYS *OF PRAYER
& FASTING*

Why Sacred Rhythms?

For years, I fought a losing battle to “find balance” in my life, believing that if I could just distribute everything perfectly, I’d finally arrive at the life I was supposed to have. Marriage, family, work, recreation, rest, responsibilities and—somewhere in all of that—my walk with Jesus. I felt like a circus performer trying to keep a dozen plates spinning. If I could keep them all balanced, then I’d be the person God wanted me to be.

I fought for balance for 30 years and never reached it. The harder I tried, the more discouraged and exhausted I became. I told myself I must be doing something wrong, so I doubled down—another book, another discipline, another attempt to push harder. And every time, I ended up in the same place; tired, frustrated and feeling like a failure. Something had to be missing.

Something was. I was missing the Sacred Rhythms woven through Scripture. Rhythms God designed not to burden us but to sustain us.

From creation itself, to the formation of God’s people, to the ministry of Jesus, God built rhythms into the life of faith—daily, weekly, monthly and yearly patterns of pausing, listening, resting and preparing. If your life looks anything like mine, you’re busy, stretched thin, overcommitted and flirting with exhaustion. You don’t need “one more thing to do.” You need what Jesus offered His disciples when they were overwhelmed, ... *“Let’s go off by ourselves to a quiet place and rest awhile”* (Mark 6:31).

If we want to learn the rhythms of the Christian life, we must step into the spaces where those rhythms can form us. That begins with the first and foundational rhythm: building restful pauses into our days. Going away with Jesus. Being quiet long enough to hear Him. From there, we can align our lives with the rhythms that cultivate joy, peace and a deeper sense of purpose.

What Is This All About?

Being a disciple of Jesus can feel overwhelming. There seems to be an endless list of things we're "supposed" to be doing—following Jesus faithfully, embracing transformation, joining His mission, loving neighbors and enemies, making disciples, bearing fruit, walking in community, serving, learning Scripture, doing good, speaking truth in love, showing up at church, sharing the gospel... and the list goes on. Feeling overwhelmed? Me too. The problem is that we've focused so much on what we're supposed to do that we haven't learned how to live the kind of life that makes obedience sustainable and joyful. That's where Sacred Rhythms come in.

During our annual season of prayer and fasting, we will spend intentional time discovering the rhythms that align us with the life God designed us for. We'll explore 15 unique rhythms that help shape a healthy, vibrant Christian life.

How Are We Going to Do This?

Each day will follow a simple, consistent pattern:

- Self-assessment: Getting honest about where you truly are.
- Scripture: Wrestling with God's Word and allowing it to speak directly to your life.
- Strategy: Practical steps to cultivate this rhythm in your daily life.

Each week will also highlight one of three relational dimensions:

- WEEK 1 Internal Rhythms - Your relationship with yourself.
- WEEK 2 Horizontal Rhythms - Your relationship with others.
- WEEK 3 Vertical Rhythms - Your relationship with God.

We were created to thrive in relationship, and these rhythms help us intentionally live out God's design with integrity and wholeness.

Balance may be impossible, but Sacred Rhythms are an invitation into the full, abundant life Jesus promised.

My prayer is that the next 21 days become a restful pause—where you slip away with Jesus, hear His voice, and step into the life-giving rhythms of His Kingdom.

— PASTOR JASON

We are deeply grateful to the authors whose work helped shape and inspire this resource. We would like to acknowledge Bobby Herrington for *Trust and Follow Jesus*, Daniel McCoy and Andrew Jitt for *Rhythms*, and Jim Putman for *Relational Shift*. Their insights, faithfulness, and commitment to discipleship have significantly influenced our thinking and practice. We are thankful for their contributions and for the lasting impact their work continues to have on disciple making and leading the charge in the disciple making movement.

WEEK ONE

DEVELOPING INTERNAL RHYTHMS

Who's your favorite athlete? Your favorite movie star? Your favorite band? Now, how well do you actually know the people you just thought of? If they're famous, you might know about them: their biography, their hometown, the awards they've won, the career milestones they've hit. You could probably recite half their Wikipedia page. And yet, you don't really know them at all.

You don't know their fears.
You don't know their insecurities.
You don't know their dreams or their deepest hopes. Why? Because facts aren't the same as relationship.

So let's turn the question back on you: How well do you know yourself?

Most of us would say, "Pretty well," and at the same time—not nearly as well as we think. When was the last time you slowed down long enough to take an honest, uninterrupted look in the mirror? For many of us, it's been far too long.

This week, we're going to take a restful pause and focus on something we often neglect: our relationship with ourselves. We'll explore the masterpiece Jesus created when He made you and the purpose He wove into your identity. And together, we'll discover five rhythms that can help align who you believe you are with who Jesus says you are.

WEEK 1

DAY 1 - HOW TO KNOW YOUR IDENTITY IN CHRIST

Rhythm #1: Know your identity in Christ by discovering who you are in Christ, what you're passionate about and what you're good at.

It's easy to move through life so busy, so wounded or so critical of ourselves that we never slow down long enough to discover who we really are. Many of us carry incredible, God-given potential, yet it stays buried beneath insecurity, fear and distraction. That's why developing a rhythm of truly knowing yourself is so important.

But here's the truth — knowing yourself always comes through knowing the One who created you. Paul reminds us, *For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago* (Ephesians 2:10).

When we get to know God—His heart, His character, His design—our own identity begins to come into focus. Through Him, we start to see the masterpiece He's been forming in us all along.

Self-Assessment

Know your identity in Christ by discovering who you are in Christ, what you're passionate about and what you're good at.

Which statement describes you the best?

I've never taken the time to figure out what I'm good at or passionate about.

I know myself well and I'm using that knowledge to pursue my own goals.

I know myself well and I'm using that to align my life with God's mission.

When it comes to how well I know myself, here's how I would describe where I am:

When it comes to how well I know myself, here's where I would like to be:

Do I know —

Who I am in Christ?

What I'm passionate about?

What I'm good at?

Where my weaknesses are?

Scripture

What do these verses teach about knowing who you are?

Genesis 1:26-28

Ephesians 2:8-10

1 Corinthians 12:12-20

Psalm 139:1-18

Romans 12:4-8

Strategy

Build your autobiographical timeline.

Find a large piece of paper and draw a long line across the top representing the day you were born to the current day.

Put marks across the line representing significant moments.

What you've experienced and when?

Who has made a significant impact on your life?

Where you have traveled?

What events created lasting impact?

What interest, hobbies and passions do you have?

Put a + or a - next to the things, people or events that were positive or negative.

What patterns do you see?

What did you learn or relearn about yourself?

What things do you wish more people knew about you?

Where have you seen God showing up in your life?

In your own words, how would you describe who you are in Jesus?

Summary

- Not taking the time to get to know yourself means your full story will remain undiscovered.
- Taking the time to get to know yourself will reveal new places for how God might want to use you for His purposes.
- You can cultivate the scared rhythm of knowing your identity if you know who you are in Christ and care about discovering your strengths, weaknesses and passions.

WEEK 1

DAY 2 - HOW TO MANAGE YOUR LIFE

Rhythm #2: Manage your life by bringing important areas of your life into the light of wisdom to see how you are living them out.

Do you manage your life or does your life manage you?

When we live without boundaries or purpose, chaos becomes normal and exhaustion becomes expected. And sure, “managing your life” might sound dull at first but what’s more boring than a life that simply isn’t working?

What’s boring is trying the same things over and over, hoping for different results and nothing changes. On the other hand, life gets exciting the moment things start *working*. That happens when we learn the way God designed life to function and begin aligning our lives with those truths.

Self-Assessment

When it comes to managing my life —

I live day-to-day without much thought about the future.

I’d like to be disciplined with how I use my time but I’m not.

I’m disciplined in how I live and it’s helping me achieve my goals.

I’m disciplined in how I live and it’s helping me be more available for God’s purpose for my life.

Am I squandering time, opportunities and / or abilities because I’m not managing my life well?

Do I recognize my life is much more than “my life”? Why or why not?

Right now, this is how I am currently managing my life:

When it comes to managing my life, here’s where I want to be and why:

Am I willing to bring all the areas of my life under the wisdom of God?

Scripture

What do these verses teach about managing your life?

Psalm 90:12

Proverbs 9:10

Ephesians 5:15-17

1 Timothy 4:8

Proverbs 3:5-7

Strategy

Which area of my life needs the most attention?

My relationship with God (Mark 12:29-30; Daniel 6:6-10)

My relationship with family (Ephesians 5:21-6:4; Hebrews 11:17)

My friendships (1 Corinthians 15:33; Proverbs 17:17)

My physical health (Daniel 1:8-16; 1 Timothy 4:8)

My schedule (Psalm 90:12; Colossians 4:5-6)

My finances (Matthew 6:24; 1 Timothy 5:8)

Take the area you chose and answer the following:

What does the Bible say?

What advice have you heard?

What bad habit do you want to break?

What good habit do you want to learn?

Do you get excited about managing your life better? Why or why not?

Where do you typically go for wisdom in your life?

What accountability do you have to help you live wisely?

Summary

- When you don't manage your life, you live in chaos and fear.
- When you do manage your life through the wisdom of God, you live with confidence and peace.
- You can cultivate the sacred rhythm of managing your life if you recognize that your life is not your own and you're willing to place the key areas of your life under the wisdom of God.

WEEK 1

DAY 3 - HOW TO SEE THE FUTURE

Rhythm #3: See the future by developing awareness of where life paths lead, so that you can choose your path wisely.

So much of our lives is predictable. Think about that for a moment. Why? Scripture paints a clear picture of the outcomes of our choices—both good and bad. If you have a Bible (and if you have a phone, you do) then you have no excuse for being surprised by where your life is headed. God has already revealed the end of the story.

When we fail to develop the sacred rhythm of discerning where certain life paths lead, we end up repeating the same patterns, making the same mistakes and living the same predictable, unfulfilling life. But when we learn to recognize the paths before us and choose the one that leads to life, we finally step into the future God intended.

Self-Assessment

When it comes to looking forward in my life —

I typically live in the moment and don't think about the future.

I frequently think about the future and it makes me afraid and anxious.

I'm aware of the trajectory of my life and where I want to be, so my choices lead me toward my preferred future.

When it comes to looking toward my future, here's where I currently am:

When it comes to looking toward my future, here's where I want to be:

Do I typically follow others or live intentionally?

Do I take the Bible's warning seriously?

Do I trust God's wisdom for my life?

Read Proverbs 3:5-7. Which area of this verse do you struggle with the most?

Scripture

What do these verses teach about the future of those who humble themselves before God?

Psalm 16:11

Psalm 23:1-3

Proverbs 19:21

Jeremiah 6:16

Romans 8:14-17

James 4:13-17

Strategy

What habit have you witnessed in others that leads to a bad path?

What is the habit?

Where will it lead?

What habit do you have that leads to a bad path?

What is the habit?

Where will it lead?

What is a habit that you want to develop that leads to a good path?

What is the habit?

Where will it lead?

The next time you're on a path that leads to an unhealthy destination, what will you do?

Summary

- Not taking the time to look forward to outcomes means you will keep repeating what you're doing.
- Taking the time to look forward means that you stop a bad ending before it ever occurs.
- You can cultivate the sacred rhythm of seeing the future if you take the Bible's warnings seriously, trust God's wisdom and align your life and your plans with Jesus.

WEEK 1

DAY 4 - HOW TO LEARN AND UNLEARN HABITS

Rhythm #4: Learn and unlearn habits by training for routines that align with your identity in Christ and rejecting routines that don't align with your identity.

Our habits always shape us and they're never neutral. They either pull us toward our worst impulses, or they form us into the likeness of Jesus.

Paul reminds the church in Colossae of this reality: *Since you have been raised to new life with Christ, set your sights on the realities of heaven... Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God* (Colossians 3:1–4).

Every day, we face two opposing paths:

The way of the flesh - giving in to impulses, temptations and the promise of quick fulfillment that always leaves us empty.
The way of the Spirit - submitting our desires to Jesus, resisting what pulls us away from Him and discovering real joy through alignment with His ways.

This is why our habits matter so much. Every habit, big or small, is shaping us and pushing us toward one of these two paths. Our habits are not just routines; they are spiritual decisions pointing us toward who we are becoming.

Self-Assessment

When it comes to learning and unlearning habits:

Am I stuck in a cycle of bad habits and don't intend to change?

Am I struggling to unlearn my bad habits?

By the grace of Jesus, am I overcoming several bad habits and replacing them with God habits?

Read Philippians 3:16. What does that verse mean to you?

Am I living up to my identity as a child of God?

Can I connect my habits with my identity in Christ?

Am I making my bad habits harder for me to engage in?

What are the triggers that lead to the bad habits in my life?

Am I making the good habits I desire easier for me to engage in?

Scripture

What do these verses teach about learning and unlearning habits?

Joshua 1:8

Ephesians 4:22-24

James 1:22-25

Romans 12:1-2

1 John 2:15-17

Strategy

Write your own identity statement:

By the grace of God, I am _____

What bad habit do you want to unlearn?

Name your bad habit: _____

To make this bad habit more difficult I will...

To make this bad habit more rewarding not to do, I will...

What good habit do you want to learn?

Name the good habit: _____

To make this good habit more difficult not to do, I will...

To make this good habit more rewarding to do, I will...

To help me learn this good habit, I will ask for help from...

The time and place to cultivate this good habit is...

Why are you excited to add this good habit in your daily routine?

Summary

- Not learning good habits and not unlearning bad habits means you're doomed to repeating the same things.
- Following the Holy Spirit's direction in learning good habits and eliminating bad habits means you can live in alignment with your identity in Christ.
- You can cultivate the sacred rhythm of learning good habits and unlearning bad habits if you know who you are in Christ, connect your habits with your identity in Christ, make bad habits harder to do and good habits easier to do.

WEEK 1

DAY 5 - HOW TO SUFFER WELL

Rhythm #5: Suffer well by looking for ways God can use your suffering to grow Christlikeness in you and to help others.

There are days when celebrating feels impossible, when goodness seems hidden and hope feels distant. If you've lived even a few years, you know this truth — life is hard. Along the way, we all encounter suffering.

In those moments, our natural response is to groan and ask God, "Why?"

David cried out in the same way, *Have mercy on me, Lord, for I am faint; heal me, Lord, for my bones are in agony. My soul is in deep anguish. How long, Lord, how long?* (Psalm 6:2–3 NIV).

Most of us have prayed that prayer. God was faithful to David and He is faithful to you. He doesn't just hear your cries — He understands your pain. Yes, today may feel dark and joyless, but His promise remains: joy will come in the morning.

Self-Assessment

When it comes to suffering—

I tend to get negative and think nothing good can come from suffering.

I try to be positive and tough, but I don't bring it to God.

I don't ask why. I ask, what do you want me to learn to become more like Jesus?

When it comes to suffering well, here's where I am:

When it comes to suffering well, here's where I want to be:

What would it look like to bring my raw suffering to God? What keeps me from doing this?

How has God redeemed my suffering in the past?

Scripture

What do these verses teach us about suffering as a disciple of Jesus?

1 Peter 5:6-11

John 16:33

Psalm 147:3

James 1:2-5

Strategy

Write a psalm to God about a current suffering or a suffering you experienced recently.

Fill in the blank with an automatic reflex you want to build into your life for the next time you experience suffering.

When you're feeling overwhelmed and angry because of suffering you will...

Is there someone around you suffering currently? What could you do today to care for them in their suffering?

Summary

- When we don't suffer well, we become bitter and may even give up on God.
- Suffering well means keeping our eyes on Jesus through the hard times knowing He understands and is with us.
- You can cultivate the sacred rhythm of suffering well by being honest with God and embracing the suffering as part of His redemptive purpose.

WEEK 1

DAY 6 - PRAY AND PLAN

Reflect on the week.

Review the past five days.

What stood out this week?

What did you learn this week?

Read Ephesians 1 and 2.

Write down every statement made about who you are in Jesus (examples: In Christ, I am Spirit filled; In Christ, I am seated with Him in Heaven).

In Christ, I am...

Pray

What is one rhythm you've been led by the Holy Spirit to align with?

Plan

What are you going to intentionally do to add this sacred rhythm to your life?

WEEK TWO

DEVELOPING HORIZONTAL RHYTHMS

How often do we answer the question, “How are you?” with a quick, “I’m fine,” when inside, we feel anything but fine? It’s easy to stay on the surface in our relationships, especially in our faith communities like church, small groups or the places we serve. We can put on the appearance of walking faithfully with Jesus, while inside we’re struggling, overwhelmed or broken.

We shy away from unfiltered authenticity, showing only the curated glimpses of our lives, thinking we must project a certain image so others see us the way we want them to. But this way of living is dangerous.

It’s not how we were made. God places the highest value on relationships. He exists in perfect, authentic community within the Trinity and He calls us to reflect that same openness and connection in our lives.

This week, we’ll turn our focus to our horizontal relationships — those in our inner circle, our faith circle and even those beyond. We’ll pause, breathe and explore sacred rhythms that deepen our connection with others, inviting authenticity, vulnerability and real-life community. We will discover the best life is a life lived in intentional relationships.

WEEK 2

DAY 8 - HOW TO LOVE OTHERS WELL

Rhythm #6: Love others well by loving people with the humility, compassion and the servant heart of Jesus.

Jesus made it abundantly clear through His teachings, His actions and His expectations that we are called to love others deeply and faithfully. He even said that the world would recognize our devotion to Him by the way we love the people around us. That means our love isn't merely a suggestion, it's the very evidence of our relationship with Jesus. Yet this kind of love doesn't always come naturally because we're often preoccupied with ourselves, our needs and our preferences. Still, Jesus invites us to push past that self-focus and embody a love that reflects His heart to everyone we encounter. After all, He modeled a love that wasn't based on what He could gain but on what He could give.

Self-Assessment

When it comes to loving others I typically —

Think about myself first.

Will love them if it means I will get something in return.

Love them regardless of them loving me back.

When it comes to loving others well, this is how I would describe where I currently am:

When it comes to loving others well, this is where I want to be:

Which of my relationships operate more like transactions than genuine connections?

On a scale of 1-10 (1 being selfish and 10 being selfless), how would I score my most significant relationships (marriage, kids, friends, work)?

Scripture

What do these verses teach about loving others well?

John 13:34-35

1 John 4:7

Romans 12:10

1 Peter 4:8

1 Corinthians 13:1-7

Strategy

Read Acts 2:42-47

How would you describe the early church community?

What words stuck out to you in these verses?

How does this differ from your experience?

Read the list Paul provides in 1 Corinthians 13:4-7.

Write out what Paul says love is:

Summary

- Not loving others well, will make you more selfish and transactional in your relationships.
- Loving others isn't optional as a disciple of Jesus, it's the expectation.
- You can cultivate the sacred rhythm of loving others well, when you see them as Jesus sees them, put their needs before your own and don't expect to get anything in return.

WEEK 2

DAY 9 - HOW TO LIVE IN COMMUNITY

Rhythm #7: Live in community by intentionally cultivating authentic relationships in which you follow Jesus together.

From the very first pages of the Bible, God declares, *...It is not good for the man to be alone...* (Genesis 2:18). Life was never meant to be lived in isolation. And today, it's no different. Yet so many people experience loneliness, not because others aren't around, but because their relationships lack depth, vulnerability and love.

God has placed people around us to support us and for us to support in return, so that we are never truly alone. Imagine Adam saying, *"No thanks"* when God created Eve. That's what we do when we keep our spiritual relationships shallow and turning down the very community God designed for our growth.

For disciples of Jesus, the church exists as that community — a family of people following Jesus, being transformed by Him and sent on mission together. Only in this authentic, connected community can we truly live out the Great Commission, *"...go and make disciples of all nations..."* (Matthew 28:19).

Self-Assessment

When it comes to pursuing community, I typically—

Prefer to keep to myself.

I like friendships, but I prefer to keep them surface-level. Having real conversations make me uncomfortable.

I value deep, enriching relationships but I prefer to keep my relationship with God to myself.

I pursue and grow authentic relationships in which we intentionally follow Jesus together.

When it comes to living in community, this is how I would describe where I am:

When it comes to living in community, here's where I want to be and why:

How do I typically handle disagreements with other people?

How does the love of Jesus compel me to resolve conflicts?

Scripture

What do these verses teach about how to live in community?

Hebrews 10:23-25

1 Thessalonians 5:11

Romans 12:9-13

Ecclesiastes 4:9-12

Proverbs 27:17

Strategy

Who are your three? Jesus had an inner circle made up of three of His disciples that He was most intentional with. He trusted, leaned on and depended on these men more than any others. Who is in your inner circle?

Who are your 12? Who are the other disciples of Jesus that you are doing life with? We need those we can live life with, serve with, grow spiritually with, play with and fellowship with. Who is your Jesus crew?

When you're tempted to remain shallow in your relationships you will:

Summary

- Not living in community means you're going to miss out on some of God's greatest gifts and live in a way that God said was not good.
- Living in community means we follow Jesus' call to know and be known.
- You can cultivate the sacred rhythm of living in community if you connect with a church that helps you love God and love others and handle disagreements with grace.

WEEK 2

DAY 10 - HOW TO CONNECT WITH THOSE OUTSIDE YOUR COMMUNITY

Rhythm #8: Connect with those outside your community by cultivating relationships with and learning from people whose perspective differs significantly from yours, without losing Christian convictions about what is true and good.

What do we do when we encounter people whose worldview is completely different from ours? Our instinct might be to avoid them. *They're wrong, we're right—better to steer clear, right?* Avoid the “sinners”?

Yes, Scripture names serious sins: pride, blasphemy, sexual immorality, persistent unfaithfulness. While we should never affirm what God does not, we should pay close attention to what stirred Jesus’ anger.

Jesus saved His righteous anger not for outsiders, but for insiders who failed to care about outsiders—those who made it harder for people to find God. Whether He was overturning tables in the temple, healing on the Sabbath or choosing to dine at the home of a “notorious” sinner, Jesus consistently revealed the Father’s heart toward those far from faith.

If your first impulse is to avoid people with a different worldview, remember what angered Jesus; insiders who didn’t care about outsiders. He wants you to intentionally engage those who see the world differently—because you may be the connection point that leads them to the One they need most: Jesus.

Self-Assessment

When it comes to connecting with outsiders —

I don’t really know anyone who is different than me nor do I care to.

When I’m around people with a different worldview, I tend to become judgmental.

When I’m around people with a different worldview, I start to think and act like they do.

I enjoy building relationships with people who are different from me while staying true to my convictions.

When it comes to connecting with those outside my community, here’s where I am:

When it comes to connecting with those outside my community, here’s where I want to be:

How do I think those with a different worldview perceive me?

Am I arrogant, apathetic or awkward when connecting with people with a different worldview?

Scripture

What do these verses teach about connecting with people outside your community?

Isaiah 56:6-8

James 2:1-4

Acts 17:16-34

John 13:34-35

Galatians 3:26-28

Strategy

Do you know the difference between disagreeing with someone and hating them?

Do you know the difference between loving someone and affirming their decisions?

Do you see the good in someone with whom you disagree with?

Can you ask them questions and care about their response?

What different worldview, religion or nationality do you encounter the most?

By this date _____, I will learn more about it by connecting with someone and asking them questions.

Sometimes it's best to have a guide for those conversations that may make you uncomfortable. When connecting with someone, try to pursue these results:

Connect – How can you find common ground or a shared interest with this person?

Help – Is there some way you can help this person?

Encourage – Is there some way you can encourage this person?

Learn – Is there something you can learn from this person?

Want to get better at asking questions? This week, ask someone three questions before moving to your own agenda.

Summary

- Not connecting with people who have a different worldview does not reflect the heart of Jesus.
- Connecting with people who have a different worldview does not diminish our belief in Christianity but demonstrates the gentleness and respect of a disciple of Jesus.
- You can cultivate the sacred rhythm of connecting with people outside of your community if you can disagree without hating, love without affirming, recognize the good without discounting, ask them questions and care about their answers.

WEEK 2

DAY 11 - HOW TO FORGIVE PEOPLE

Rhythm #9: Forgive people by passing along God's grace and refusing to hold on to anger or take revenge when someone has done something that hurts or inconveniences you or someone you love.

What's our natural response when we're hurt or offended? Most of us instinctively respond with more hurt. That hurt then produces more hurt and the cycle continues. It's exhausting and it taps into the most human parts of us. In that cycle, God doesn't win—evil does. But when we learn to forgive well, we step into God's beautiful plan of reconciliation and redemption. We release others and ourselves through the mercy, kindness and grace Jesus has shown us. Forgiving people well, points them back to a God who forgives generously and freely. And as we develop the habit of forgiveness, we begin to model the relational way of life that reflects the Kingdom Jesus calls us to announce.

Self-Assessment

When it comes to how I forgive people —

- I shouldn't have to be the one forgiving.
- I pretend I'm not hurt and just move on.
- I say I forgive them, but I just can't let it go.
- I recognize how much forgiveness I've been given and freely forgive others likewise.

When it comes to how I forgive others, here's where I am currently:

When it comes to how I forgive others, here's where I would like to be:

Am I patient with the little stuff in my relationships?

Scripture

What do these verses teach about forgiveness?

Psalm 103:10-14

Matthew 18:21-22

1 John 1:9

Ephesians 4:31-32

Colossians 3:12-14

Strategy

Bring your hurt to God.

Have you been hurt or offended by someone and you're struggling to move past it? Stop what you are doing right now and tell God how you are hurt and what it has done to you. Pray for the courage and strength to heal. Also, pray specifically for the person who has hurt you and your heart towards them.

Make a list.

Make a list of things you have done to hurt God or family or friends, etc.

Cross out all the items you have been forgiven for.

Reflect on what you wrote down.

Pray over your list, both thanking God for the forgiveness you have received and to grow a heart of forgiveness like you have been shown.

Think about how you will respond the next time someone hurts you or someone you care about. What do you want your initial response to be?

Memorize Ephesians 4:32.

Summary

- Not forgiving others keeps the cycle of “hurt-for-hurt” going, feeding pain and brokenness.
- Choosing to forgive allows you to extend to others the mercy and grace you have received from God.
- You cultivate the sacred rhythm of forgiveness when you align your relationships with God’s ongoing work of redemption and reconciliation.

WEEK 2

DAY 12 - HOW TO BE A DISCIPLE MAKER

Rhythm #10: Be a disciple maker by intentionally entering into relationships to help people trust and follow Jesus, be transformed by Jesus and join Jesus on his mission to reconcile the world.

Jesus calls His followers not just to be disciples, but to be disciple makers. That means that we are to intentionally enter into relationships to guide others to trust Jesus and follow Him fully. Simply leading someone to embrace Jesus is not the end goal. In Matthew 4:19 Jesus says, “...*follow me, and I will make you fishers of men.*” A disciple maker models and teaches what it means to follow Jesus, be transformed by Jesus and join Jesus in His mission of reconciling the world to God. Too often, we assume this work is for the “professionals”, but Scripture tells a different story. Jesus chose ordinary people, full of insecurities and limitations, to carry His mission forward. God repeatedly does extraordinary work through those we might overlook. To become a disciple maker, we don’t need exceptional people skills or exhaustive biblical knowledge. We need a love for those far from God and a faith that God still accomplishes amazing things through ordinary lives.

Self-Assessment

When it comes to making disciples —

- I think everyone should find their own truth without my influence.
- I think it's for the pastors or those who know a lot about the Bible.
- I think it's important to make disciples, but I'm not interested in it.
- I want to be a disciple maker, I just don't know how or feel confident.
- God is using me to make more disciples.

When it comes to disciple making here's where I am:

When it comes to disciple making here's where I would like to be:

What is keeping me from discipling someone in my life?

Who discipled me? What did they do that helped me as a new disciple?

Scripture

What do these verses teach about being disciple makers?

Mark 16:15

Acts 1:8

Romans 10:9-13

2 Timothy 2:1-2

Revelation 7:9-10

Strategy

List three people in your life that are not believers in Jesus.

What is your story?

Take a few moments to reflect on your journey with Jesus. Write down your Jesus story.

**A guide to help you Tell Your Jesus Story can be found on the resource page at ChristChurchFast.com*

Pray about which one of the three people listed above that you could intentionally connect with to share your Jesus story.

Who? When?

Summary

- If you are not trying to make disciples, you are not doing what Jesus said His disciples should be doing.
- Disciple making is what Jesus modeled and His plan for bringing the Gospel to all of the world.
- You cultivate the sacred rhythm of disciple making when you embrace the call on your life to intentionally and relationally lead someone to trust and follow Jesus.

WEEK 2

DAY 13 - PRAY AND PLAN

Reflect on the week.

Review the past five days.

What stood out this week?

What did you learn this week?

There are numerous “one another” commands in Scripture that instruct us on how to live and not live with one another. Read these verses and describe what they say about living with one another.

John 15:12

Romans 15:7

Ephesians 4:32

James 5:9

John 15:17

2 Corinthians 13:11

1 Thessalonians 3:12

1 Peter 4:9

Romans 12:10

Galatians 5:13

1 Thessalonians 5:11

1 Peter 5:5

Romans 14:13

Galatians 6:2

James 4:11

1 John 3:11

Pray

What is one rhythm you’re being led by the Holy Spirit to align with?

Plan

What are you going to intentionally do to add this sacred rhythm to your life?

WEEK THREE

DEVELOPING VERTICAL RHYTHMS

From the very beginning, God's unwavering desire has been simple and profound – His desire is to be with His children. Moses records God's own words, "I will put my dwelling place among you... I will walk among you and be your God, and you will be my people" (Leviticus 26:11–12 NIV).

All of Scripture and all we experience in life, reveals this same heartbeat. God is continually working to restore relationship with each of His children. He has gone to extraordinary lengths to make this possible and He invites us to meet Him in the quiet. When we create restful pauses in our day, God meets us there. In those unhurried moments, He reveals His heart and shapes our character to look more like His.

Over these final seven days, we will turn our focus upward, toward our relationship with God and learn to cultivate the sacred rhythms that anchor us in Him. These rhythms matter deeply, not because they are the goal, but because they create the space where we can actually be with God. The goal is union with Him. The rhythms simply clear the room for that encounter and begin to anchor us to His heart and character. When you intentionally make space for God, He is faithful to fill it.

So commit to press in during these last seven days. Set aside sacred space that belongs only to Him. In those moments, experience the fullness of His presence. Rest in His unshakeable love. Be transformed by His relentless pursuit of your heart. Come to know Him so deeply that you, like David, can say: But for me it is good to be near God; I have made the Lord God my refuge, that I may tell of all Your works (Psalm 73:28 ESV).

WEEK 3

DAY 15 - HOW TO LOVE GOD WELL

Rhythm #11: Love God well by loving God with your whole self, emotionally, mentally, physically and spiritually.

When Jesus was confronted by a student of the law who sincerely wanted to know which commandment mattered most, Jesus didn't hesitate. Without a moment's pause He replied, "...*you must love the Lord your God with all your heart, all your soul, all your mind, and all your strength.*" (Mark 12:30)

With that single statement, Jesus removed all confusion about our primary pursuit in life: to love God with a whole and undivided love.

With all our *heart*—our feelings.

With all our *soul*—our spirit.

With all our *mind*—our thoughts.

With all our *strength*—our actions.

In short, we're to love God with *all of our everything*. It may sound repetitive, but this is the posture required if we hope to cultivate a sacred rhythm with God. A love that is not transactional but wholehearted. A love born out of awe, desire and the deep longing to intimately know the One who made us.

Self-Assessment

When it comes to loving God well --

I know He loves me, but I don't have much interest in loving Him.

I know He loves me, but I don't know how to love Him.

I love Him as long as it doesn't interfere with what I want.

I am so moved by His complete love for me that I try as hard as I can to love Him with my whole self.

When it comes to loving God with my whole self, here's where I am currently:

When it comes to loving God with my whole self, here's where I want to be:

Which part of Jesus' definition of love, heart (feelings), soul (spirit), mind (thoughts), strength (actions), is the hardest for you to live out and why?

Which part of Jesus' definition of love, heart (feelings), soul (spirit), mind (thoughts), strength (actions), do you find the easiest to live out and why?

Why do you love God?

Scripture

What do these verses teach about loving God well?

Deuteronomy 6:1-9

Jeremiah 31:3

Galatians 2:20

Matthew 22:37-38

1 John 4:19

Jeremiah 29:13

Strategy

When is your daily restful pause to spend time with God?

Time? Place?

Open your phone and create a reoccurring meeting with God at the time and location above.

Which book of the Bible will you commit to reading after the Fast is complete?

Name of book:

Over the next few days, you will discover how you can read Scripture and ask several questions to gain understanding and application.

Fill in the blanks and then pray this prayer:

Heavenly Father, I'm grateful for your desire to be with me. I'm sorry for not making time with you a greater priority in my life. I am declaring today that I will create the sacred rhythm of a restful pause to be with you. I will meet you at _____ (time) in _____ (place) and I will read _____ (book) in our time together. Please give me the discipline and remove the distractions. I want to know your love completely and love you with all of my everything. Amen.

Summary

- If you don't create intentional times to be with God, it will never happen.
- Loving God with all of your heart, mind, soul and strength is the primary purpose for your life.
- You cultivate the sacred rhythm of loving God with your whole self, when you establish a restful pause and commit to know the heart and character of God.

WEEK 3

DAY 16 - HOW TO READ THE BIBLE

Rhythm #12: Read the Bible by exploring the teachings of the Bible in order to know God and the gospel, experience the renewing of your mind and be trained in the ways of the Kingdom.

Where do you turn for answers to life's questions? Google? A friend? A grandparent? An author you admire? Often, we search everywhere for direction and clarity but only turn to the Bible when everything else fails.

The Bible, however, should be our first resource. Yet for many, it feels overwhelming: 66 books, written thousands of years ago by people we don't know and in a culture unfamiliar to us. Where do you start? How do you understand it? How do you apply it? And is it even relevant today?

Here's the truth: the Bible is the most relevant book ever written. The key is to move past fear and confusion and become a student of it.

Paul told his young protégé, Timothy, *All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right* (2 Timothy 3:16).

Intentionally studying Scripture equips us to find the answers we're truly seeking.

Self-Assessment

When it comes to how I read the Bible –

I don't see the value in trying to understand the Bible.

I'm okay only having an elementary understanding of the Bible.

I learn about the Bible from others talking about the Bible.

I read and study the Bible alone and with other disciples so that I can better understand the Bible and apply it to my everyday life.

When it comes to how I read the Bible, here is where I currently am:

When it comes to how I read the Bible, here is where I want to be:

Scripture

What do these verses teach about how to read the Bible?

Joshua 1:8

2 Timothy 3:14-17

Colossians 3:15-17

Deuteronomy 6:6-9

Romans 15:4-6

Strategy

Answer the following questions.

Why do you want to read the Bible?

What areas of your life would you like the Bible to refine?

What are you going to read? (review your answer from yesterday)

Who are you going to ask to help you understand the Bible?

Are you reading the Bible in a community?

Asking the right questions is important. Here are a series of questions you can ask when you read the Bible.

What did you like about the passage?

What was hard to understand?

What does this passage teach us about God?

What does this passage teach about me?

What is one truth I can apply to my life from this passage?

Who can I share what I learned with?

Try it. Read Colossians 3:15-17 again and answer the questions about it.

Summary

- Not reading the Bible means you are not concerned what God thinks.
- Intentionally engaging with the Bible and the lessons in it increasingly improve your ability to recognize truth and a biblical worldview.
- You cultivate the sacred rhythm of reading the Bible when you have a Bible and a plan for reading it, understanding it and applying it to your life.

WEEK 3

DAY 17 - HOW TO PRAY

Rhythm #13: Pray by having a conversation with God.

Does prayer even work? It can feel strange to talk to someone you can't see. Sometimes when we pray, it feels like no one is listening. Other times it feels like God is sitting right across the table. Sometimes He answers clearly, sometimes He doesn't, and sometimes He moves in ways I never expected. There are seasons when answers come quickly and seasons when we pray and pray and still feel like the psalmist, *Why, Lord, do you stand so far off? Why do you hide yourself in times of trouble?* (Psalm 10:1 NIV).

Prayer can be discouraging. We worry if we're doing it wrong or if something is wrong with our faith when God doesn't answer the way we hoped. But prayer isn't about getting specific outcomes, it's about shifting our trust from the answers we want to God's unchanging faithfulness.

Prayer invites us to bring bold requests to God while trusting that however He responds will be for our good, because we've decided to trust and follow Him no matter what. It's a gift—a way to pour out our hearts, connect with Him and remind ourselves that even when we don't get what we want, we always find the One we need. Developing a rhythm of prayer matters, not for the results but for the relationship.

Self-Assessment

When it comes to prayer –

I don't see the value.

I would like to, but I don't have the time.

I don't feel connected to God when I pray.

I only pray in emergencies.

I ask God for what I want but not much more.

I have regular times of prayer that go beyond what I want and focuses on what God wants.

When it comes to prayer, here is where I currently am:

When it comes to prayer, here is where I want to be:

Does prayer come naturally to me or does it feel awkward?

What do I pray for or about most often?

Has God ever answered one of your prayers? How?

Scripture

What do these verses teach about prayer?

Philippians 4:6-8

Hebrews 4:16

1 John 5:14-15

1 Thessalonians 5:16-18

James 5:16

Strategy

POSTURE: Prayer isn't optional for disciples of Jesus. It's as important as oxygen is to breathing. You can't have one without the other. Scripture points out four postures that are essential to prayer.

Honesty: can you be real and vulnerable with God? (Luke 18:10-14)

Intimacy: can you see God as your Father? (Hebrews 4:16)

Persistency: can you pray with tenacity? (Luke 18:2-8)

Consistency: can you pray and fast regularly? (Matthew 4:1-11)

PROMPTS: There is not one particular way to pray but Scripture provides a few examples that can serve as prompts or guides for our prayers. Read the examples below and choose one prompt to help you pray.

The Calling of Isaiah (Isaiah 6:8-9)

God, you are... I confess... Cleanse me... Send me...

The Lord's Prayer (Matthew 6:9-13)

Our Father... Your Kingdom... Give us... Forgive us... Protect us...

P.R.A.Y.

Praise: God thank you for... Repent: God I'm sorry that I... Ask: God give me... Yield: God you will be done in...

PLAN: Like anything that is important, you make a plan. What are you going to do to make prayer a daily sacred rhythm? Answer the following questions to develop your plan for prayer.

Why do you want to pray regularly?

What do you want God to do in you through your prayers?

Which prompt are you going to use for your prayers?

When is the best time each day for you to intentionally pray?

What do you need to remove to not be distracted during your prayers?

How are you going to track God's faithfulness to your prayers?

Summary

- Not setting time aside to pray means we are choosing to go through life and all of its challenges without the support and peace that God provides.
- Taking time to pray means we're committed to growing our relationship with God.
- You cultivate the sacred rhythm of prayer when you're honest with God, approach Him as a Father, pray persistently and regularly.

WEEK 3

DAY 18 - HOW TO MAINTAIN FAITH

Rhythm #14: Maintain the faith by staying faithful to Jesus and His teachings, regardless of pressure to leave Him or change His message.

Have the things you've been counting on failed you? Health, relationships, finances—so much of what we lean on eventually crumbles. And when it does, what remains? God. His unshakable love. His desire to draw His children back to Himself. Amen to that.

But the pressure we face isn't only external. There are internal storms too—guilt, shame, failures, temptations, sin. These inward pressures can slowly loosen our grip on the truths we once held tightly.

Jesus never hid the reality of trouble. Life brings storms. And if we don't cultivate the sacred rhythm of maintaining our faith, those storms—inside or out—can leave our lives vulnerable and unstable.

Jesus warned us in the Sermon on the Mount,

"Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock... Though the rain comes... it won't collapse because it is built on bedrock. But anyone who hears my teaching and doesn't obey it is foolish... When the rains and floods come... it will collapse with a mighty crash" Matthew 7:24–27).

Build your life on the rock—so when the storms come, you stand.

Self-Assessment

When it comes to maintaining my faith—

I don't think Christianity is the option for me.

I'm fine being a Christian but I'm open to other options.

I'm a Christian but with enough pressure I could be convinced otherwise.

I'm committed to trust and follow Jesus no matter what.

When it comes to how I maintain my faith, here is where I currently am:

When it comes to how I maintain my faith, here is where I want to be:

Do you remember your decision to trust and follow Jesus? Describe it?

Who or what is the greatest influence in your life currently?

Scripture

What do these verses teach about maintaining faith?

Matthew 10:32-33

2 Thessalonians 2:13-15

1 Timothy 6:11-16

1 Peter 1:3-9

Strategy

Don't be afraid of asking questions. Questions and doubts are part of our journey and should be expected. The issues emerge when we have unanswered questions or we turn to unreliable resources to answer them.

Are there any unanswered questions that you are wrestling with?

Who are you going to ask for help finding the answers?

What is concrete in your life? No matter what happens, what is unmovable and unchangeable?

Take a few minutes to reflect on these key areas of your life and write down one concrete rule you have for each:

Spiritual

Relational

Financial

Physical

Emotional

Missional

Trigger verse. When your faith is rattled what is your first response?

Make the Word of God your first response. Write down a verse on a card that you can keep with you and/or memorize.

Example: *I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes (Romans 1:16 NIV)*

Summary

- Not maintaining your faith leaves you vulnerable to life's challenges.
- Maintaining your faith means resolving to trust and follow Jesus no matter what.
- You cultivate the sacred rhythm of maintaining faith when you build your relationship with God on the grace of your salvation, determine what in your life is unmovable, fearlessly wrestle with the questions you have and commit to live your life in authentic Christian community.

WEEK 3

DAY 19 - HOW TO MAKE A DIFFERENCE

Rhythm #15: Make a difference by fulfilling your role in God's story of redeeming people and bringing the Kingdom of Heaven to Earth.

What am I here for?

It's one of the most important questions every human must answer. Scripture gives a direct response, *...we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do* (Ephesians 2:10, NIV). You were created to make a difference. So what kind of difference do you want to make and is Jesus part of that plan?

Leaving Jesus out of your plan is like driving a car without a steering wheel. You may move, but you'll drift aimlessly, crossing lines, hitting ditches and going in circles. Jesus is meant to direct the course of your life.

But here's the honest truth: inviting Jesus closer brings clarity, but it can also bring discomfort. He will challenge us, confront the parts of our lives that are out of alignment and push us to become who He created us to be. That can feel scary. Yet we cannot lose sight of the purpose—He calls us to make a difference.

And here's the beautiful mystery: God chooses to use us to impact eternity. When we commit to living a life that makes a difference, we step into the very identity Jesus designed for us from the beginning.

Self-Assessment

When it comes to making a difference –

I tend to drift through life without stopping to think about the difference I'm meant to make.

I'm trying to make a difference with my life, but I'm not including God in it.

I am pursuing God's purpose for my life and trust He will place me where I need to be, doing what He made me to do.

When it comes to how I make a difference, here is where I currently am:

When it comes to how I make a difference, here is where I want to be:

Are there things you hope God accomplishes through your life?

Do you see Jesus as being in control of every aspect of your life? If no, what areas are you withholding from Jesus?

Scripture

What do these verses teach about what it means to make a difference?

Matthew 5:13-16

Matthew 25:31-40

Luke 5:1-11

Micah 6:8

Strategy

Create a life vision statement. Pause and pray that the Holy Spirit will give you clarity as you write a vision statement for your life. This statement should be influenced by:

1. What you see God doing through your life.
2. What you are good and passionate about.
3. Where God has placed you.
4. What is most important to you.
5. How might God bring all of this together for you to make a difference with your life?

Here are a few examples:

- I want to love God with all my heart, mind, soul and strength and love people by making as many disciples of Jesus as I can.
- I put God first in everything I do. I serve Him and others by being the best teacher I can be, bringing joy, peace, love and compassion with me to the classroom.
- I want to bring glory to God in everything I do. In my life, my marriage, my family, my job, my friendships, my finances, my fun.
- I am a Kingdom warrior who pursues wisdom, serves others, brings peace and loves compassionately.

My life vision statement is:

Write your life vision statement on a card and memorize it.

Summary

- You avoid making a difference with your life when you don't include Jesus in your life.
- Making a difference means you see that God uniquely made you to play a role in His purpose of bringing Heaven to Earth.
- You can make a difference when you trust and follow Jesus with all of your life.

WEEK 3

DAY 20 - PRAY AND PLAN

Reflect on the week.

Review the past five days.

What stood out this week?

What did you learn this week?

Read 1 Kings 19:1-18

- Where are you running on empty—emotionally, spiritually or physically—and how might God be inviting me to rest rather than push harder?
- In what areas of your life are you listening more to fear, disappointment or isolation than to the quiet, steady voice of God?
- Where do you need to step out of your “cave”(the places you hide in discouragement) and re-engage with God’s purpose for you?
- How is God calling you to trust His gentle whisper rather than expecting Him to speak through loud, dramatic moments?

Pray

What is one rhythm you’re being led by the Holy Spirit to align with?

Plan

What are you going to intentionally do to add this sacred rhythm to your life?

WEEK 3

DAY 21 - PRAY AND PLAN

Read through the following list and pray to the Holy Spirit to reveal which three of the rhythms spoke to you the most.

Rhythm #1 Know your identity in Christ by discovering who you are in Christ, what you're passionate about and what you're good at.

Rhythm #2 Manage your life by bringing important areas of your life into the light of wisdom to see how you are living them out.

Rhythm #3 See the future by developing awareness of what life paths lead where, so that you can pick your path wisely.

Rhythm #4 Learn and unlearn habits by training for routines that align with your identity in Christ and rejecting routines that don't align with your identity.

Rhythm #5 Suffer well by looking for ways God can use your suffering to grow Christlikeness in you and to help others.

Rhythm #6 Love others well by loving people with the humility, compassion and servant heart of Jesus.

Rhythm #7 Live in community by intentionally cultivating authentic relationships in which you follow Jesus together.

Rhythm #8 Connect with those outside your community by cultivating relationships with and learning from people whose perspective differs significantly from yours, without losing Christian convictions about what is true and good.

Rhythm #9 Forgive People by passing along God's grace and refusing to hold on to anger or take revenge when someone has done something that hurts or inconveniences you or someone you love.

Rhythm #10 Be a disciple maker by intentionally entering into relationships to help people trust and follow Jesus, be transformed by Jesus and join Jesus on His mission to reconcile the world.

Rhythm #11 Love God well by loving God with your whole self, emotionally, mentally, physically and spiritually.

Rhythm #12 Read the Bible by exploring the teachings of the Bible in order to know God, the gospel and experience the renewing of your mind and be trained in the ways of the Kingdom.

Rhythm #13 Pray by having a conversation with God.

Rhythm #14 Keep the faith by staying faithful to Jesus and His teachings regardless of pressure to leave Him or change His message.

Rhythm #15 Make a difference by fulfilling your role in God's story of redeeming people and bringing the Kingdom of Heaven to Earth.

Which three of the rhythms spoke to you the most?

Rhythm: _____

Rhythm: _____

Rhythm: _____

Which of the three rhythms would your life benefit from the most currently?

Rhythm: _____

Put a plan in place to intentionally establish this rhythm over the next 30 days.

Set a reminder on your phone to review your plan on February 25.

Where have you succeeded?

Where do you still need to work?

Are you ready to establish a second rhythm?

Put a plan in place and set a reminder 30 days later to review.

Read through your notes from the previous 20 days and reflect.

Pray that you will apply what you've learned about rhythms to your everyday life and ask for help from the Holy Spirit to grow in the one rhythm you chose to add to your life over the next 30 days.

