

Teaching Outline
Everyday Value Menu: Daily Rhythm
Pastor Rob Gerber
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Daily Rhythms: Habits and Routines

-we all have them

“In the morning, O Lord, you hear my voice; in the morning I lay my requests before you and wait in expectation.” -Psalm 5:3

Daily Rhythms: Driven By Priority

“One thing I ask of the Lord, this is what I seek: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to seek him.”
-Psalm 27:4

Daily Rhythms: Form Background Of Life

“As a man thinks in his heart, so he is.” -Proverbs 27:19

“The eye is the lamp of the body.” -Matthew 6:22

Good Rhythms: Relationships

“I have set the Lord always before me. Because he is at my right hand, I will not be shaken.” -Psalm 16:8

Good Rhythms: Responsibilities

“Like the coolness of snow at harvest time is a trustworthy messenger to those who send him; he refreshes the spirit of his masters.” -Proverbs 25:13

Good Rhythms: Relaxation

“So I commend the enjoyment of life, because nothing is better for a man under the sun than to eat and drink and be glad.” -Ecclesiastes 8:15