

Everyday

• **VALUE MENU** •

MARRIAGE | WORK | MONEY | PARENTING | DAILY RHYTHM

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 RHYTHM

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 RHYTHM

Daily Rhythms: Form Background Of Life

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



DAILY RHYTHM

Daily Rhythms: Form Background Of Life

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



DAILY RHYTHM

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



DAILY RHYTHM

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



DAILY RHYTHM

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



DAILY RHYTHM