

Everyday

• **VALUE MENU** •

MARRIAGE | WORK | MONEY | PARENTING | DAILY RHYTHM

Why Talk About Daily Rhythms?

- God is a God of rhythm
 - Creation—Genesis 1
 - Feasts/Festivals—Leviticus 23, 25
- Teaches us to pay attention
 - Ponder the path of your feet, then all your ways will be sure.—Proverbs 4:26
- Fosters discipline



DAILY RHYTHM

Why Talk About Daily Rhythms?

- It helps us to grow in Christlikeness
 - Whether you eat, or whether you drink, or whatever you do, do it all for the glory of God--1 Corinthians 10:31
 - You have been faithful in a little, I will set you over much.--Matthew 25:21



Personal Disciplines-Prayer

- Oh Lord in the morning you hear my voice—Psalm 5:3
- Let me hear of your steadfast love in the morning—
Psalm 143:8
- And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.—Mark 1:35
- In these days, he went out to the mountain to pray, and all night he continued in prayer to God.—Luke 6:12



Personal Disciplines--Word

- I have stored up your word in my heart that I might not sin against you.—Psalm 119:11
- Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers, but his delight is in the law of the Lord, and on his law he meditates day and night. —Psalm 1:1-3



What about the mundane?

- Chores
- Sleep/Rest
- Play
- Meals



DAILY RHYTHM

Implementation

- Practice Intention
- Sloppy rhythms



DAILY RHYTHM

S M T W T F S

• • **•** • • • •

word

• • **•** • • • •

prayer

• • • • • •

listen

• • **•** • • • •

memory

• • • • • •

Budget

Move

• • • • • •

Play

• • • • • •

Journaling



DAILY RHYTHM