



Generosity

Reach Opportunities

Share Story

- see
- know
- tell

next steps

Starting Point

Rooted

next steps

next steps

THE WEEKLY 3
worship
connect
serve

Pilgrimage Retreat



Discipleship Pathway

Spiritual Rhythms

We need to *practice* Jesus' teachings, to get his ideas from our minds into the muscle memory of our bodies. We do this by adopting rhythms from Jesus' own life, time-tested practices for the spiritual life that open up our hearts to God and allow him to transform us into people of love. Our six core Rhythms work together to form and shape the moments and minutes of our lives after the way of Jesus.

6 Spiritual Rhythms

Feasting: Word & Table

Jesus often gathered with his followers to teach them that word and table were vital to their spiritual wellbeing.

- ***Feasting on the Word:*** John 1:14 tells us that “the word became flesh and lives among us.” Jesus is the Living Word. We believe that feasting on the word is more than reading words on a page. We encounter the living Spirit of Jesus in the Word. Transformation and heart purity happens when we read the bible together.
- ***Feasting at the Table:*** In Mark 14 Jesus invites His disciples, and us some 2000 years later, to join Him at the table. It's a place of communal experience and intimacy. The bread and juice that we receive in communion invites us to have a physical experience with a spiritual mystery, God with us.

Fasting: In place of _____ , more God.

Jesus wandered in the wilderness and went without food for 40 days, why? It wasn't an ancient weight loss plan or a test from God. His experience teaches us that what on the surface looks like going without was really about getting filled up. The spiritual rhythm of fasting reorients our lives and brings into focus what really brings fulfillment. As we set aside the things that try and take God's place as life-giver we learn to embrace THE life giver!

Sabbath: Press Pause.

The Sabbath is a 24-hour time period set aside to stop, rest, delight, and worship. It is the best day of the week. In our era of chronic exhaustion, anxiety, and spiritual stagnation, few things are more necessary than the recovery of this ancient practice. Jesus' own life teaches us the desperate need to “press pause” and step out of the cycle of scarcity in order to learn that God is all we need.

Solitude: Get Alone.

Solitude is a spiritual rhythm that calls us to consciously pull away from the voices in our lives that are trying to shape and form us in order to give our full and undivided attention to God.² Jesus often “went off to a solitary place, where he prayed” ([Mark 1:35](#)). In [Luke 6:12](#) he “went out to a mountainside to pray, and spent the night praying to God.” We learn from Jesus that in order to know who we are we have to get alone with the one who created us. In solitude we distance ourselves from opposing influences to hear the truth about who we are from God.

Silence: Turn off the noise.

Noise is a natural part of daily life. Jesus experienced the noise of the world around Him which is why He was always finding places to turn the volume down so He could hear from the Father. Jesus’ conversational relationship with the Father reveals our own need to find space to listen. The spiritual rhythm of silence invites us to turn the volume down and even hit the mute button on our own mouths in order to hear what God has to say to us. In silence we learn to recognize God’s voice as He tells us our place to be and thing to do.

Generosity: returning our lives and resources for Kingdom purposes.

The cultural current of our day moves us on a trajectory toward greed, materialism, hurry, and discontentment. But Jesus said that generosity is the key to living a happy, content, free life. Did you know the God longs to bless you? He takes delight in blessing His people (Dt. 30:9). The word for "blessing" in the New Testament is *Makarios*, which literally means "the highest level of happiness." Jesus reveals that generosity is the way the world is made new through his sacrificial love. When we encounter His generosity, we discover our best lives are found when we live in reflection of His! Jesus shows us that...

God is a generous God.

When we practice generosity, we resemble God.

When we resemble God, we join Him in making all things new.