



Sacred Rhythms

SIMPLE PRACTICES THAT SHAPE A LIFE WITH GOD



SACRED RHYTHMS SCHEDULE

Week 1: 4/29/2026
The Word-Shaped Life

Week 2: 5/6/2026
The Listening Life

Week 3: 5/13/2026
The Loving Life

Week 4: 5/20/2026
The Prayerful Life

Week 5: 5/27/2026
The Transformed Life



Week 1: The Word-Shaped Life

4/29/2026

You don't **drift** into spiritual formation — you are always being formed by **something**.

Romans 12:1-2 | 2 Corinthians 4:16 | Ephesians 4:29 | Colossians 3:10

#1 — Approach the Word with **Intentionality**

Psalm 119:05 | Hebrews 4:12 | Psalm 34:8

Application:

1. “God, where am I in this story?”
2. Use imagination
3. Read slowly

#2 — **Engage** the Text, Don't Just **Consume** It

Ezra 7:10 | James 1:22

Application:

1. What stands out?
2. What does this reveal about God?
3. What is one step I need to take?

#3 — Move from Information to **Formation**

Colossians 1:27 | Colossians 3:16

Application:

1. Ask — *What is God forming in me? What needs to change in my thinking or behavior?*
2. Practice meditation

#4 — Build a **Sustainable** Rhythm

Psalm 1:2 | Psalm 16:11

Application:

1. Start with 10-15 minutes daily
2. Keep it simple enough to sustain

Challenge: Don't aim to read **more** this week — aim to read **differently**.