



A Month of Spiritual Rhythms

A sustainable pattern for practicing the disciplines

WEEK 1 - Quiet Foundations

Focus: Meditation, Prayer, Solitude

Day 1 - Two Minutes of Stillness

Sit quietly before God. No agenda. Simply breathe and become aware of His presence.

Day 2 - Listening Prayer

Pray slowly: "Speak, Lord, your servant is listening."
Sit in silence for one minute afterward.

Day 3 - Scripture Meditation

Choose a short passage (Psalm 23:1, John 15:5).
Read it slowly three times and notice what stands out.

Day 4 - Little Solitudes

Turn off the radio during your commute.
Let the quiet become a sanctuary.

Day 5 - Evening Reflection

Ask: "Where did I sense God today?" & write a few sentences.

Weekend - Unhurried Hour

Take a slow walk or sit outside with no phone.
Let your mind settle.

WEEK 2 - Dependence & Devotion

Focus: Prayer, Fasting, Worship

Day 1 - Morning Prayer of Surrender

"Lord, here I am. Be with me today."

Day 2 - Partial Fast

Skip breakfast and/or lunch.
Let hunger turn your attention toward dependence and prayer.

Day 3 - Gratitude Worship Moment

Pause midday and thank God for three specific things.

Day 4 - Intercessory Prayer

Pray for one person by name.
Ask God to bless them in ways they cannot see.

Day 5 - Scripture Worship

Read a Psalm aloud as an act of worship (Psalm 103, 145, or 63).

Weekend - Half-Day Fast

Fast from morning until 3pm.
Break the fast with prayer and gratitude.



WEEK 3 - Hidden Strength

Focus: Solitude, Service, Celebration

Day 1 - Hidden Kindness

Do one act of service anonymously - a note, a chore, a gift, a kindness.

Day 2 - Solitude Break

Take 10 minutes alone (car, bedroom, porch).
Let your soul breathe.

Day 3 - Encouragement

Send a message of encouragement to someone who needs it.

Day 4 - Celebration Moment

Notice one joy today - a laugh, a meal, a conversation - and thank God for it.

Day 5 - Listening to Others

Have one conversation where you intentionally speak less and listen more.

Weekend - Hospitality

Invite someone to share a meal, coffee, or conversation.
Practice presence, not performance.

WEEK 4 - Joyful Devotion

Focus: Worship, Celebration, Integration

Day 1 - Worship in the Ordinary

Turn a normal task (dishes, laundry, commute) into worship by doing it with gratitude.

Day 2 - Celebration Walk

Take a short walk and name aloud the good things God has done this month.

Day 3 - Worship Through Song

Play one worship song and sing or reflect intentionally.

Day 4 - Fasting (Morning or Meal)

Fast one meal this week.
Use the time to pray for joy, freedom, and renewed devotion.

Day 5 - Sabbath Evening

Light a candle, pray, or read a Psalm.
Mark the end of the month with rest and gratitude.

Weekend - Joyful Gathering

Share a meal with friends or family.
Celebrate God's goodness together.