

# NORTH CIRCLE SPIRITUAL RHYTHMS

**TRUE NORTH SUNDAY // MAY 31**

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One of our values at North Circle is to GROW INTENTIONALLY, and we would like to equip you with tools where we can help one another to grow in our walk with Jesus. This document outlines several options - choose one or mix and match!

The Friendship Questions walks us through how to have a full sensory experience during our prayer time. 5 Psalms blends reading Scripture with Prayer and helps us learn how to pray the truth from God's Word to help us find the words to pray. The Discovery Bible Method is a great way for you and a group of your people to discover what the Bible says about life's big questions. And our Breath Prayers are a personal way to pray without ceasing!

## FRIENDSHIP QUESTIONS PRAYER EXERCISE

*Let's get started! Find a comfy space, take a few deep breaths, and then jump in:*

1. Imagine Yourself in your absolute favorite place in the world! A safe place where you feel completely loved and accepted. A place where you belong. This place could be a real place you've been to before or a made up place in your imagination. Picture yourself sitting there, enjoying the space. This is your friendship place!

2. Next, say a quick prayer to ask Jesus to show up and meet you in your place. Picture Him walking in to spend time with you in your favorite place.

*(Pay attention to how Jesus comes to you: What does He say? What does He look like? What does He do? Take some time to sit in the moment.)*

3. Now you are going to take a few moments and ask Jesus a few questions - these are friendship questions. Pause after each question to listen to His response:

**\* Jesus, what do you like about me and why?**

**\* Jesus, what's making you sad and why?**

**\* Jesus, what's bringing you joy and why?**

**\* Jesus, if you could take me anywhere, where would it be and why?**

**\* Jesus, if we could play a game together, what would it be and why?**

**\* Jesus, if you could ask me one question, what would it be and why?**

4. Finally, say a quick prayer to thank Jesus for showing up and speaking to you at your meeting place. Take a moment to journal anything from your time that you'd like to remember.

# PRAYING THROUGH 5 PSALMS

## AREAS OF LIFE TO PRAY FOR:

1. **PEOPLE** - Your family / neighbors / friends / coworkers
2. **FUTURE** - Yours / others
3. **FINANCES** - Yours / others
4. **OCCUPATION** - Work / school
5. **FAITH** - Your church, a spiritual need, a ministry, a missionary, worship God, etc.
6. **PROBLEMS / REQUESTS** - Yours / others

## INSTRUCTIONS TO PRAY THROUGH THE PSALMS

1. Take a few minutes to scan the 5 Psalms of the day.  
Choose 1 Psalm to specifically pray through.  
Use the areas of life above to guide your thoughts and direction.
2. Go through the Psalm one line at a time. Talk to God about whatever comes to mind as you read the text. (If you don't understand the meaning of the verse, then go on to the next verse. If nothing comes to mind to pray about, then go to the next verse.)
3. Keep going until you run out of time or run out of Psalm!

## 5 PSALMS A DAY CHART & APP

<b>DAY 1</b> Psalm 1 Psalm 31 Psalm 61 Psalm 91 Psalm 121	<b>DAY 2</b> Psalm 2 Psalm 32 Psalm 62 Psalm 92 Psalm 122	<b>DAY 3</b> Psalm 3 Psalm 33 Psalm 63 Psalm 93 Psalm 123	<b>DAY 4</b> Psalm 4 Psalm 34 Psalm 64 Psalm 94 Psalm 124	<b>DAY 5</b> Psalm 5 Psalm 35 Psalm 65 Psalm 95 Psalm 125	<b>DAY 6</b> Psalm 6 Psalm 36 Psalm 66 Psalm 96 Psalm 126
<b>DAY 7</b> Psalm 7 Psalm 37 Psalm 67 Psalm 97 Psalm 127	<b>DAY 8</b> Psalm 8 Psalm 38 Psalm 68 Psalm 98 Psalm 128	<b>DAY 9</b> Psalm 9 Psalm 39 Psalm 69 Psalm 99 Psalm 129	<b>DAY 10</b> Psalm 10 Psalm 40 Psalm 70 Psalm 100 Psalm 130	<b>DAY 11</b> Psalm 11 Psalm 41 Psalm 71 Psalm 101 Psalm 131	<b>DAY 12</b> Psalm 12 Psalm 42 Psalm 72 Psalm 102 Psalm 132
<b>DAY 13</b> Psalm 13 Psalm 43 Psalm 73 Psalm 103 Psalm 133	<b>DAY 14</b> Psalm 14 Psalm 44 Psalm 74 Psalm 104 Psalm 134	<b>DAY 15</b> Psalm 15 Psalm 45 Psalm 75 Psalm 105 Psalm 135	<b>DAY 16</b> Psalm 16 Psalm 46 Psalm 76 Psalm 106 Psalm 136	<b>DAY 17</b> Psalm 17 Psalm 47 Psalm 77 Psalm 107 Psalm 137	<b>DAY 18</b> Psalm 18 Psalm 48 Psalm 78 Psalm 108 Psalm 138
<b>DAY 19</b> Psalm 19 Psalm 49 Psalm 79 Psalm 109 Psalm 139	<b>DAY 20</b> Psalm 20 Psalm 50 Psalm 80 Psalm 110 Psalm 140	<b>DAY 21</b> Psalm 21 Psalm 51 Psalm 81 Psalm 111 Psalm 141	<b>DAY 22</b> Psalm 22 Psalm 52 Psalm 82 Psalm 112 Psalm 142	<b>DAY 23</b> Psalm 23 Psalm 53 Psalm 83 Psalm 113 Psalm 143	<b>DAY 24</b> Psalm 24 Psalm 54 Psalm 84 Psalm 114 Psalm 144
<b>DAY 25</b> Psalm 25 Psalm 55 Psalm 85 Psalm 115 Psalm 145	<b>DAY 26</b> Psalm 26 Psalm 56 Psalm 86 Psalm 116 Psalm 146	<b>DAY 27</b> Psalm 27 Psalm 57 Psalm 87 Psalm 117 Psalm 147	<b>DAY 28</b> Psalm 28 Psalm 58 Psalm 88 Psalm 118 Psalm 148	<b>DAY 29</b> Psalm 29 Psalm 59 Psalm 89 Psalm 119 Psalm 149	<b>DAY 30</b> Psalm 30 Psalm 60 Psalm 90 Psalm 120 Psalm 150
<b>DAY 31</b> Psalm 119					



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# DISCOVERY BIBLE STUDY METHOD

*(Suggested for groups)*

*Discovery Bible Study is a simple method to see for oneself what the Bible says about life's big questions. It is a simple, reproducible, question-based approach for small groups to read the Bible, discover God's character, and apply His Word, focusing on personal obedience and multiplying disciples rather than a teacher-led lecture. Groups read a passage multiple times, retell it, and then answer core questions to foster direct engagement with Scripture and practical life transformation. Here's a simple guide to get started:*

## 1. TALK

Take turns & answer these questions:

**What are you thankful for?**

**What is causing you stress?**

**Who needs our help?**

**How can we help them?**

## 2. LOOK BACK *(starting with session 2)*

Briefly retell the story from the previous meeting. Share what changed in your thoughts or actions because of this story. Who did you tell and how did it go?

## 3. READ

One person reads the new Bible passage out loud, and the rest follow along.

## 4. RETELL

Someone else retells the story and others fill in what is missing.

## 5. DISCOVERY QUESTIONS

\*Read the passage again. Answer this question:

**What does this passage tell us about God, Jesus or His plan?**

\*Read the passage again. Answer this question:

**What does this passage tell us about people?**

Answer this question:

**What does is this passage telling me I need to change or obey?**

Answer this question:

**Who needs to hear this story and how can I tell them?**

25% of your time

50% of your time

25% of your time

## GROUP GUIDELINES

*Read these 5 guidelines to the group:*

1. Everyone shares in sentences, not paragraphs.
2. Focus only on what this passage is saying, not on other passages.
3. Focus only on what this group is seeing.
4. Give people time to respond. Silence is OK.
5. The Circle Host should guide discussion, not teach.

## CIRCLE HOST GUIDELINES

*Follow these 5 guidelines to host the group:*

1. Keep the session on schedule & complete all sections, though not necessarily all questions.
2. Prepare before by studying passage, looking for the main idea, & think of some examples, stories or applications from your own life.
3. Respond to questions by asking the group, "What in the passage helps us answer that question?"
4. Respond to distracting comments by asking "Where is that found in this passage?"
5. Respond to "outlandish" answers by asking, "Help us understand what you are thinking."

# BREATH PRAYERS

A breath prayer is a short, simple phrase you pair with your inhale & exhale. It grounds you in the moment, reminds you to refocus, and reconnects you to the presence of God. It is short enough to remember, slow enough to feel, and synchronized with the natural rhythm of your breath.

As you breathe in, **you receive.**

As you breathe out, **you release.**

**Begin your breath prayer with a verse of Scripture. Let God's Word shape your breath, your thoughts, & your posture before Him. Choose one below or write your own for 2026!**

*(content adapted from @wholeheartedenneagram)*

## **2 Kings 6:17 CSB**

"Then Elisha prayed, 'Lord, please open his eyes and let him see.' So the Lord opened the servant's eyes, and he saw that the mountain was covered with horses and chariots of fire all around Elisha."

**Inhale: Lord open my eyes.**

**Exhale: I surrender my control.**

## **Isaiah 26:3 CSB**

"You will keep the mind that is dependent on you in perfect peace, for it is trusting in you."

**Inhale: I find my peace in Christ.**

**Exhale: I cast all my cares on the Lord.**

## **2 Corinthians 12:9 CSB**

"But he said to me, 'My grace is sufficient for you, for my power is perfected in weakness.'"

Therefore, I will most gladly boast all the more about my weaknesses, so that Christ's power may reside in me."

**Inhale: I embrace God's grace.**

**Exhale: I let go of perfection.**

## **Ephesians 2:10 NLT**

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago."

**Inhale: I am God's masterpiece.**

**Exhale: I rest from my striving.**

## **Psalms 37:23 NLT**

"The Lord directs the steps of the godly. He delights in every detail of their lives."

**Inhale: I receive God's delight in me.**

**Exhale: I release my need to be seen.**

## **Proverbs 3:5 CSB**

"Trust in the Lord with all your heart, and do not rely on your own understanding; "

**Inhale: God is trustworthy.**

**Exhale: I let go of my need to know.**

## **Psalms 56:3 CSB**

"When I am afraid, I will trust in you. "

**Inhale: I trust God's protection.**

**Exhale: I release my fear.**

## **Psalms 16:11 NLT**

"You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever."

**Inhale: God's ways are better than mine.**

**Exhale: I surrender my plans.**

## **1 John 4:19 CSB**

"We love because he first loved us. "

**Inhale: I receive God's love.**

**Exhale: I surrender my need to be needed.**