



MONTHLY GUIDE. PRACTICE THE RHYTHMS



GATHER. THE TABLE

- Commit to shared life by gathering with your church family at least once this month.

This could be:

- Sunday worship
- A Life Group or Church-wide event
- Inviting someone to coffee or lunch

Reflection Question:

When I think about gathering with the church, what emotions surface first—joy, obligation, anxiety, indifference? What might those emotions be revealing?



GROW. THE GARDEN

- **Focus:** Creating space to listen

Simple Ways to Practice:

- Sit quietly for 2–5 minutes with no agenda.
- Turn off your phone and take a short walk alone.
- Begin with a simple prayer: “Speak, Lord. I am listening.”
- Notice distractions without judging yourself; gently return your focus to God.

Helpful Tip: Silence often feels uncomfortable before it feels meaningful—and that’s okay.

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GIVE. THE SEED



- Give financially and sacrificially at least once this month.
- Giving is not about obligation—it's about trust and participation.

Prayer Prompt:

God, help me see giving not as loss, but as participation in what you are already doing.

GO. THE PLOW



- Identify your field (workplace, neighborhood, school, gym, etc.).
- Name your one:

- This month:
 - Pray for them by name once a week.
 - Take one intentional step toward relationship.

Simple Step:

- Invite them to a shared meal (lunch or dinner out or in your home).

THIS MONTH'S PRAYER

Form us into a people who reflect your life, love, and presence wherever we go.