



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 meal with people from church
- Sitting with someone new rather than familiar

Reflection Question:

Who do I naturally gravitate toward when we gather—and who might God be inviting me to notice or welcome?



GROW. THE GARDEN

- **Focus:** Talking with God honestly and sitting in his presence

Simple Ways to Practice:

- Set aside 5 minutes to pray using your own words.
- Pray the Lord's Prayer slowly, one line at a time.
- Write a short prayer in the morning or evening.
- Use a simple rhythm: Thank you / Help me / I trust you.

Helpful Tip: Prayer doesn't have to be polished—God welcomes honesty.

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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:

Show me where fear or control shapes my relationship with money.

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 coffee, a meal, or a shared activity.

THIS MONTH'S PRAYER

Send us out attentive to our fields and open to the people you place in our path.