

Renewed Rhythms

CULTIVATING SPIRITUAL DISCIPLINES
TOWARD TRANSFORMATION IN 2024

~A Journal for the Journey~

This booklet belongs to:

**This booklet has been *significantly* adapted with
permission from Lifepath Church (Delaware)**

The Disciplines...

- Sabbath
- Prayer
- Scripture Reading
- Fasting
- Submission
- Service
- Silence & Solitude
- Secret Goodness
- Journaling
- Soul Friendship

Sabbath

What's the purpose? We are called to remind ourselves that we are not human doings but human beings. We learn to pause our constant temptation to define ourselves by productivity.

Message Reflections: _____

[illegible]

Sabbath this Week

What I tried: _____

How it went: _____

What Jesus taught me through this: _____

Prayer

What's the purpose? Prayer opens the doorway for communication with God, with the primary objective to be transformed rather than get what we want.

Message Reflections: _____

[illegible]

Prayer this Week

What I tried: _____

How it went: _____

What Jesus taught me through this: _____

Scripture Reading

What's the purpose? The written Word, alive and inspired, reveals the story of God's people as they wrestle with God and ultimately see God's fullness expressed in Jesus.

Message Reflections: _____

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Scripture Reading this Week

What I tried: _____

How it went: _____

What Jesus taught me through this: _____

Fasting

What's the purpose? When we learn to do without something we need (or think we need), we're given opportunity to look toward Jesus and trust him for our satisfaction, often finding fresh discernment as well.

Message Reflections: _____

Fasting this Week

What I tried: _____

How it went: _____

What Jesus taught me through this: _____

Submission

What's the purpose? By intentionally not needing to get our own way, submission helps us address areas of pride that pull us away from the way of Jesus – the way of cruciform love.

Message Reflections:

[illegible]

Submission this Week

What I tried: _____

How it went: _____

What Jesus taught me through this: _____

Service

What's the purpose? We work with our hands to fulfill the calling of Jesus to care for the vulnerable and learn to serve one another, revealing God's kingdom

Message Reflections: _____

Service this Week

What I tried: _____

How it went: _____

What Jesus taught me through this: _____

Silence & Solitude

What's the purpose? We tap into a growing awareness of God and ourselves when we are still and alone with Jesus.

Message Reflections: _____

[illegible]

Silence & Solitude this Week

What I tried: _____

How it went: _____

What Jesus taught me through this: _____

Secret Goodness

What's the purpose? We learn to do good and beautiful things in a way that does not build up our pride or become motivated by external desires.

Message Reflections: _____

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. On the left side, there are several small black marks or artifacts from scanning. The overall appearance is that of a clean, unused piece of stationery.

Secret Goodness this Week (Shhhh!)

What I tried: _____

How it went: _____

What Jesus taught me through this: _____

Journaling

What's the purpose? We keep track of our thoughts and our prayers and reflect on what God is revealing to us and how his faithfulness is expressed.

Message Reflections: _____

[illegible]

Journaling this Week

What I tried: _____

How it went: _____

What Jesus taught me through this: _____

Soul Friendship

What's the purpose? We are created for community with others that moves beyond the surface. When we share relationships that are founded on honesty and authenticity as disciples, transformation follows.

Message Reflections: _____

Soul Friendship this Week

What I tried: _____

How it went: _____

What Jesus taught me through this: _____
