

Dear Audacity Family,

We live in a world that often feels hurried, fragmented, and loud. Many of us love Jesus sincerely, yet still feel tired, reactive, or stretched thin. This devotional is not an invitation to try harder, do more, or fix yourself. It is an invitation to slow down long enough to let Jesus bring order, healing, and life to your whole being.

Over the next several weeks, we will walk together through a simple but profound truth: discipleship is meant to shape every part of our lives. Our relationships, our bodies, our minds, and our spiritual lives are not separate compartments—they are one integrated life lived before God.

This journey is built around grace, not guilt. You are not reading these devotionals to earn God's love. In Christ, you are already loved, forgiven, and secure.

These daily moments are simply an opportunity to place your life where God can form it.

Some days you may feel engaged and encouraged. Other days you may feel distracted or weary. That's okay. Faithfulness is not measured by intensity, but by returning again and again to the presence of God.

As you begin each day, pause. Breathe slowly. Re-center your heart on God's nearness. Choose to rejoice in His generous provision. Ask honestly what you need right now. And listen for the gentle invitation of the Holy Spirit, highlighting a word, a phrase, or a truth meant just for you.

My prayer is that this devotional does not simply inform you, but forms you, into a person who is rooted, resilient, and ready to live sent in a disordered world. Enjoy the journey towards a whole-life apprenticeship, becoming like King Jesus!

Until All Have Heard,  
Pastor Ronnie  
Love.Serve.Go

## **Daily Prayer for the Whole-Life Apprentice**

**Blessed are You, O Lord our God, King of the universe** —Father Almighty, who sent Your Son, Christ Jesus, to save us, and who fills us with Your Holy Spirit to send us.

Pause

I pause now. I slow my breathing. I quiet my heart.  
I acknowledge the presence of God with me.

Holy Father Almighty God

I remind my soul of what is true today:  
I am not here to perform. I am here to be formed.  
I do not come to earn Your love, I come because I am already loved.  
In Christ, I am forgiven, accepted, and secure.  
My life belongs to You, my relationships, my body, my mind, and my spirit.  
I am not alone. I am not forgotten. I am not behind.  
Today, I choose alignment over striving, faithfulness over frenzy, and presence over pressure.

As I open Your Word, open my heart.

Reorder what is out of alignment. Heal what is weary.

Renew what has grown tired or distracted.

Help me receive what You want to give today, not what I expect, not what I rush toward, but what I truly need.

Form me quietly.

Lead me gently.

Send me faithfully.

I offer this moment to You, trusting that even small, daily faithfulness is shaping a well-ordered life in a disordered world.

I pray all this in the Matchless Name of Christ Jesus

Amen.

## **RPMS: THE ENGINE OF YOUR LIFE •Relational • Physical • Mental • Spiritual•**

Your life has “RPMS” four key areas that, when healthy and aligned with Jesus, create the power and momentum to live sent every day in a healthy way.

In 2026, we’re inviting our church to pay attention to the whole engine of their lives: ***Relational, Physical, Mental, Spiritual.***

Not as four separate boxes to check, but as one integrated life following Jesus.

This is not about self-help or performance.

It’s about whole-life discipleship becoming the kind of people who can carry the weight and glory of God’s calling with joy, resilience, and love.

### **R – Relational: Who am I walking with?**

You were never meant to follow Jesus alone. From the beginning, God has used relationships — family, friendship, community to form His people.

Relational RPMS asks:

- Who really knows me, the real me?
- Who am I intentionally encouraging, discipling, or investing in?
- Where do I need to forgive, reconcile, or re-engage?

As your relational RPM increases, you:

- Move from isolation to community
- Move from just attending to belonging and building
- Learn to love your neighbors, your church family, and even your enemies like Jesus

Relational health fuels mission. Lonely disciples rarely live sent.

## **P – Physical: How am I stewarding my body?**

Your body is not an afterthought to God. It's a temple of the Holy Spirit and the vehicle through which you show up in every mission field: your home, work, neighborhood, and city.

Physical RPMS asks:

- Am I getting enough sleep, movement, and rest to be fully present?
- Am I treating my body like a tool for mission or like an afterthought?
- Where do I need healthier rhythms (Sabbath, nutrition, exercise)?

As your physical RPM increases, you:

- Have more energy to serve, love, and lead.
- Show up with greater focus and joy.
- Live a life that says, “My whole self belongs to Jesus, even my calendar and habits.”

Physical stewardship fuels longevity. Burned-out disciples rarely finish their race well.

## **M – Mental: What am I feeding my mind?**

Your mind is the battlefield where many of your greatest spiritual battles are won or lost. The stories you believe, the thoughts you rehearse, and the voices you listen to all shape how you live.

Mental RPMS asks:

- What narratives run in my head most often, truth or lies?
- How much of my mental space is filled with fear, comparison, or distraction?
- Am I renewing my mind with God’s Word and prayer?

As your mental RPM increases, you:

- Learn to take thoughts captive instead of being taken captive by them.
- Replace anxiety with trust, and cynicism with hope.
- Think clearly so you can love deeply and decide wisely.

Mental resilience fuels clarity. Confused disciples struggle to hear and obey quickly.

## **S – Spiritual: Who is at the center of my life?**

At the core of everything is your spiritual RPMS, your life with God. This isn't about religious activity; it's about real relationship: prayer, worship, Scripture, obedience, and dependence on the Holy Spirit.

Spiritual RPMS asks:

- Is Jesus first, or just squeezed in when I have time?
- Am I regularly hearing God through His Word and responding in obedience?
- Am I relying on the Holy Spirit, or just my own strength?

As your spiritual RPM increases, you:

- Live with a growing awareness of God's presence in the everyday.
- Hear His voice more clearly and obey more quickly.
- Burn with love for God and compassion for people.

Spiritual vitality fuels everything else. Without this, all the other RPMs just become self-improvement.

## **How RPMS Works Together**

A healthy engine doesn't run on one cylinder.

Relational, Physical, Mental, and Spiritual health work together to create a life that is:

- Rooted in Jesus
- Resilient under pressure
- Ready to live sent into every mission field

In 2026, we're not asking, "How busy can you be for God?"

We're asking, "How healthy and available can you be for God?"

RPMS is our simple way of helping you and your City Group:

- Take honest inventory
- Invite the Holy Spirit to realign what's off
- Step into rhythms that sustain a lifetime of mission

Because when your RPMS are aligned with Jesus, your life doesn't just move — it moves with purpose, power, and joy.

# A Well-Ordered Life in a Disordered World

Daily Devotional Journey | February 2 – April 4, 2026

## How to Use This Devotional

Each day follows a simple, prayerful rhythm shaped by RPMS (Relational, Physical, Mental, Spiritual) and the sermon focus of the week. For this series, we have provided six devotionals a week, from Monday to Saturday.

On Sunday, in your morning devotional, take the time to pray intentionally for our Sunday gathering.

Pray that you would guest would feel seen.

Pray that our family would feel the love of Christ in community.

Pray for our ministry partners who are serving in different ministries in our gathering.

Pray for eyes to see, and ears to hear the love of the Father.

Pray for your heart to be receptive for transformation.

Pray that you would not leave the moment we gather the same way you came.

Begin each devotion the same way:

Pause. Be still. Breathe slowly. Re-center upon God's presence.

Then move through:

- Rejoice & Reflect – Choose gratitude for God's generous provision.
- Ask – What do I need right now? What am I anxious about or missing?
- Yield – Is there a word, phrase, or truth the Holy Spirit is highlighting today?

# SERMON 1 – THE ENGINE OF A WELL-ORDERED LIFE

*Whole-Life Discipleship in a Disordered World*

Romans Psalm 139:13-14, Romans 12:1-2, Luke 10:27, Matthew 11:28-30

# Week 1: The Engine of a Well-Ordered Life

*Whole-Life Discipleship in a Disordered World*

**Monday – February 2**

**Scripture:** Romans 12:1–2

## **Reflection**

Paul's invitation in Romans 12 is not to try harder but to offer your whole self. Not just your beliefs. Not just your Sundays. Your body, mind, and daily life become an act of worship. A well-ordered life begins when we stop compartmentalizing faith and allow Jesus to sit at the center of everything.

## **Application**

Ask yourself honestly: Where has my faith been divided? What part of my life have I kept separate from Jesus?

## **Pray**

Lord Jesus, I offer You my whole life—not just the parts I feel confident about. Reorder what is misaligned. Renew my mind and reshape my desires. Christ Jesus, I surrender my whole self to You today. Teach me how to live aligned, not exhausted. Amen.

## **Challenge**

Write down the four RPMS categories. Circle the one that feels most neglected right now.

## **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Tuesday – February 3**

**Scripture:** Psalm 139:13–14

### **Reflection**

You are not an accident. You are not overlooked. God formed you intentionally—mind, body, soul, and strength. A disordered world tries to convince us that parts of us are insignificant or broken beyond repair, but Scripture says God’s design is wonderful. Whole-life discipleship begins with identity. You don’t reorder your life to earn worth; you reorder your life because you already have it.

### **Application**

Thank God specifically for one part of your life you usually criticize or ignore.

### **Pray**

Father, help me see myself the way You see me—fearfully and wonderfully made. God, anchor my identity in Your truth, not my performance. Amen.

### **Challenge**

Speak one truth from Scripture out loud about your identity today.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God’s Presence.

Rejoice and Reflect; choose to rejoice in God’s generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Wednesday – February 4**

**Scripture:** Luke 10:27

### **Reflection**

Jesus defines discipleship holistically: heart, soul, mind, and strength. Faith was never meant to live in compartments. When one area is neglected, the whole engine begins to strain.

Loving God fully means inviting Him into every dimension of your life—not just the spiritual moments.

### **Application**

Which part of loving God feels most natural to you? Which feels most difficult?

### **Pray**

Jesus, teach me to love You with my whole life, not just my intentions. Lord, integrate my life around You. Amen

### **Challenge**

Choose one daily habit today (eating, working, resting) and consciously offer it to God.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today....

**Thursday – February 5**

**Scripture:** Matthew 11:28–30

### **Reflection**

Jesus does not invite you out of life, but into a new way of living. His rest is not escape—it is alignment. A heavy soul is often a sign of misplaced burdens. When Jesus carries the weight, obedience becomes lighter.

### **Application**

What burden have you been carrying alone that Jesus is inviting you to release?

### **Pray**

Father, I come to You weary and open-handed. Christ Jesus, teach me how to rest without guilt. Amen.

### **Challenge**

Practice a moment of stillness today—no phone, no noise, just presence.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today....

## **Friday – February 6**

**Scripture:** Romans 12:9–13

### **Reflection**

Disorder often shows up relationally before it shows up spiritually. Genuine love, hospitality, patience, and prayer are signs of a life aligned with Christ.

Faith expressed in community reveals what is truly being formed within us.

### **Application**

Who around you might need genuine love or encouragement today?

### **Pray**

Holy Spirit, shape my character through love and patience. God, let my life reflect Your love. Amen.

### **Challenge**

Send one intentional message of encouragement.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Saturday – February 7**

**Scripture:** Romans 12:1

### **Reflection**

Whole-life discipleship is not about pressure—it's about grace. Offering yourself to God is a daily choice, not a one-time decision.

Today, reflect on the invitation Jesus is extending: a well-ordered life built around Him.

### **Application**

Revisit the RPMS circle from Monday. Pray over the area you circled.

### **Pray**

Jesus, I choose alignment over striving. Lord, thank You for beginning a new work in me. I trust You with the process. Amen.

### **Challenge**

Prepare your heart for worship tomorrow by praying for openness and rest.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today....

## **City Group Guide – Week 1: The Engine of a Well-Ordered Life**

A well-ordered life is not about trying harder—it's about re-ordering our whole lives around Jesus.

### **1. Welcome & Check-In**

### **2. Opening Prayer**

**3. Scripture Reading:** Romans 12:1–2 | Luke 10:27 | Matthew 11:28–30

### **4. Observation & Reflection**

What does this passage tell us about God?

What does this passage tell us about people?

Is there a sin to avoid, a command to obey, a promise to claim, or an example to follow?

### **5. Personal Obedience – Application & Mission**

“This week, I will \_\_\_\_\_ as an act of obedience to Jesus.”

Mission Lens:

Who around you might experience the gospel first through your presence, not your words?

## 6. Reinforcement Scriptures

Use these during the week for prayer or reflection:

Psalm 139:13–14 | Romans 12:9–13 | Hebrews 10:24–25

## 7. Closing Prayer & Requests

## 8. Rhythms for Spiritual Formation (Practice for the Week)

This Week's Rhythm: Awareness & Alignment

Invite the group to practice one simple rhythm:

- Daily Pause (2 minutes):  
Ask: Which part of my life feels most out of order today?
- Weekly Connection:  
Reach out to one person for encouragement or prayer.
- Sabbath Preview:  
Begin noticing what keeps you from resting—and offer it to God.

Closing Reminder:

This is not about perfection. It's about direction.

## SERMON 2 – RELATIONSHIPS THAT SHAPE A LIFE

*You were never meant to follow Jesus alone*

Ecclesiastes 4:9–12, Genesis 2:18,24, Mark 14:32-34, 1 Samuel 20:12-17

# Week 2: Relationships That Shape a Life

*You Were Never Meant to Follow Jesus Alone*

**Monday – February 9**

## **Scripture**

Ecclesiastes 4:9–12

## **Reflection**

From the beginning, God declared something startlingly honest: “It is not good that man should be alone.” Loneliness is not a moral failure—it is a warning light. Yet isolation has become normal, even among sincere followers of Jesus. Ecclesiastes reminds us that strength multiplies in community. We were designed to walk with others, not merely alongside them. When relationships are neglected, faith becomes fragile.

## **Application**

Who truly knows you—not the version you present, but the real you?

## **Pray**

God, reveal where I’ve chosen isolation over connection. Lord, place me back into life-giving relationships. Amen.

## **Challenge**

Reach out to one person today for a meaningful conversation.

## **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God’s Presence.

Rejoice and Reflect; choose to rejoice in God’s generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today....

**Tuesday – February 10**

**Scripture:** Genesis 2:18, 24

### **Reflection**

Before sin entered the world, God identified loneliness as “not good.” Marriage and covenant relationships were His design for shared life, shared purpose, and shared faith. Relational health is not about perfection—it is about presence and priority.

### **Application**

If married, how are you intentionally nurturing oneness? If single, how are you cultivating deep, covenant friendships?

### **Pray**

Father, teach me to prioritize relationships the way You do. Christ Jesus, strengthen the relationships You’ve entrusted to me. Amen.

### **Challenge**

Pray intentionally for your spouse or closest friend today.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God’s Presence.

Rejoice and Reflect; choose to rejoice in God’s generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Wednesday – February 11**

**Scripture:** Mark 14:32–34

### **Reflection**

Even Jesus did not walk alone. In His most vulnerable moment, He invited Peter, James, and John to stay close. This is not weakness—it is wisdom.

We all need a small circle of people who know the full story and are willing to sit with us in sorrow and fear.

### **Application**

Do you have two or three people who can see your weakness without judgment? Write their name(s) below.

### **Pray**

Jesus, give me the courage to be known. Lord, replace fear with authentic community.  
Amen.

### **Challenge**

Identify one person you could trust more deeply. Text someone close to an encouraging text and then pray for them.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Thursday – February 12**

**Scripture:** 1 Samuel 20:16–17

### **Reflection**

Jonathan’s friendship with David shows us the power of encouragement without envy. A champion is someone who protects your calling, even when it costs them something. Encouragement fuels endurance.

### **Application**

Who champions your calling—and who are you championing?

### **Pray**

Father, shape me into a faithful encourager. Lord, teach me to love without competition. Amen.

### **Challenge**

Speak life into someone’s calling today.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God’s Presence.

Rejoice and Reflect; choose to rejoice in God’s generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today..

## **Friday – February 13**

**Scripture:** Ecclesiastes 4:10

### **Reflection**

When one falls, another lifts them up—but only if they are close enough to notice. Isolation increases vulnerability; community creates resilience. Healing often begins when we stop pretending and start sharing.

### **Application**

Where have you been carrying burdens alone?

### **Pray**

Holy Spirit, draw me out of hiding. God, thank You for lifting me through others.  
Amen.

### **Challenge**

Share one honest struggle with someone you trust. Confession brings healing.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.  
Rejoice and Reflect; choose to rejoice in God's generous provision.  
Ask, what do I need right now? Is there something I am missing or that I am anxious about?  
Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Saturday – February 14**

**Scripture:** Psalm 68:6

**Reflection**

God places the lonely in families. This is not poetic language—it is gospel reality. Through Christ, we are adopted, not tolerated.

Community is one of the first ways people experience the love of God.

**Application**

How can you help someone else feel less alone?

**Pray**

Father, make me a bridge into community. Jesus, thank You for the family You are forming around me. Amen.

**Challenge**

Invite someone into connection—coffee, a meal, or a conversation.

**Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today..

## **City Group Guide – Week 2: Relationships That Shape A Life**

Relationships That Shape a Life. You were never meant to follow Jesus alone.

### **1. Welcome & Check-In**

### **2. Opening Prayer** (*Pray over anything mentioned at the Check-in*)

### **3. Scripture Reading:** Ecclesiastes 4:9–12 | Mark 14:32–34 | 1 Samuel 20:16–17

### **4. Observation & Reflection**

What does this passage tell us about God?

What does this passage tell us about people?

Is there a sin to avoid, a command to obey, a promise to claim, or an example to follow?

### **5. Personal Obedience – Application & Mission**

“This week, I will \_\_\_\_\_ as an act of obedience to Jesus.”

#### **Mission Lens**

Who around you might encounter the gospel first through your presence, patience, or listening?

## **6. Reinforcement Scriptures**

Use these during the week for prayer or reflection:

Proverbs 27:17 | Hebrews 3:12–13 | Romans 12:10

## **7. Closing Prayer & Requests**

## **8. Rhythms for Spiritual Formation (Practice for the Week)**

This Week's Rhythm: Intentional Connection

Choose one:

- Schedule a meal or coffee with someone
- Pray with a spouse or close friend
- Send an encouraging message or Scripture

Reminder:

You don't need more relationships—you need faithful presence in the ones God has already given you.

## **SERMON 3 – THE BODY AS A TOOL FOR MISSION**

*Stewardship Includes the Physical Life*

Key Texts: 1 Corinthians 6:12–20; 1 Kings 19:4-8, Ephesians 2:8-10

# Week 3 — THE BODY AS A TOOL FOR MISSION

*Stewardship Includes the Physical Life*

**Monday – February 16**

**Scripture:** 1 Corinthians 6:19–20

## **Reflection**

Many followers of Jesus have never been taught how deeply their physical life is connected to discipleship. Faith is often treated as spiritual and internal, while the body is ignored, pushed, or even resented. Scripture refuses that separation.

Your body is not an afterthought—it is a dwelling place of the Holy Spirit. God does not merely tolerate your physical life; He indwells it. Stewardship of the body is not about shame or appearance, but about reverence and purpose.

## **Application**

How do you typically think about your body—as a burden, a project, or a gift?

## **Pray**

Lord, reorient my thinking. Teach me to see my body as something holy and entrusted to me. Jesus, help me honor You with my whole self. Amen.

## **Challenge**

Practice one small act of care today—hydration, rest, or movement—as an act of worship.

## **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Tuesday – February 17**

**Scripture:** 1 Corinthians 6:12

### **Reflection**

Just because something is permitted does not mean it is helpful. Freedom in Christ is not about indulgence—it is about alignment. Paul reminds us that discipleship includes discernment, especially in how we treat our bodies.

### **Application**

Is there a habit—good or harmful—that has begun to control rather than serve you?

### **Pray**

Holy Spirit, reveal where I've surrendered control instead of practicing wisdom. Father, lead me into freedom that brings life. Amen.

### **Challenge**

Fast from one unnecessary physical habit today as a reminder of freedom.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Wednesday – February 18**

**Scripture:** 1 Kings 19:5–8

### **Reflection**

When Elijah collapsed under exhaustion, God did not rebuke him. He fed him. He let him sleep. He restored him slowly.

Sometimes what we label as spiritual failure is actually physical depletion.

Exhaustion dulls compassion, clouds discernment, and weakens joy.

God cares enough to address the body so the soul can heal.

### **Application**

Are you exhausted right now? What have you been pushing through instead of paying attention to?

### **Pray**

God, meet me with grace where I am worn down. Lord, thank You for caring for my limits. Amen.

### **Challenge**

Go to bed earlier tonight or take a short restorative break today.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Thursday – February 19**

**Scripture:** Matthew 4:4

**Reflection**

Jesus reminds us that we are sustained by more than food—but He never suggests food is unimportant. Physical and spiritual nourishment work together, not against each other. When we ignore one, the other eventually suffers. Walk in wisdom when it comes to what you put in your body.

**Application**

Where has imbalance crept in—over-spiritualizing or under-caring for your physical needs?

**Pray**

Christ Jesus, teach me balance in my physical life that leads to a full life. Father, thank You for daily provision. Amen.

**Challenge**

Eat one meal today slowly and gratefully, acknowledging God as Provider.

**Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Friday – February 20**

**Scripture:** Ephesians 2:10

**Reflection**

The goal of physical stewardship is not appearance, it is availability. God has prepared good works in advance, and your body is how you walk into them. Physical health does not make you more spiritual, but it often makes you more present, patient, and usable in love and mission.

**Application**

Where might increased physical margin help you love others more fully?

**Pray**

Lord, align my rhythms so I can say yes to what You've prepared. God, shape my life for longevity and faithfulness. Amen.

**Challenge**

Schedule one life-giving physical rhythm into your week.

**Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Saturday – February 21**

**Scripture:** Romans 12:1

**Reflection**

Offering your body to God is an act of trust, not performance.

Stewardship flows from grace, not guilt.

Today, receive this truth: you do not care for your body to prove your worth, you do it because your life already belongs to God. Steward what you have been entrusted with well.

**Application**

What physical rhythm feels most out of alignment right now?

**Pray**

Jesus, help me walk in stewardship without striving. Lord, I trust You with my strength and my limits. Amen.

**Challenge**

Prepare for worship tomorrow by choosing rest over productivity.

**Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **City Group Guide – Week 3: The Body as a Tool for Mission**

Your body is not an obstacle to discipleship—it is a gift God uses for His mission.

### **1. Welcome & Check-In**

### **2. Opening Prayer**

**3. Scripture Reading:** 1 Corinthians 6:19–20 | 1 Kings 19:4–8 | Ephesians 2:10

### **4. Observation & Reflection**

What does this passage tell us about God?

What does this passage tell us about people?

Is there a sin to avoid, a command to obey, a promise to claim, or an example to follow?

### **5. Personal Obedience – Application & Mission**

“This week, I will steward my body by \_\_\_\_\_ as an act of obedience to Jesus.”

#### **Mission Lens**

How might having more energy, patience, or presence help you love others more intentionally this week?

## **6. Reinforcement Scriptures (For the Week)**

Use these during the week for prayer or reflection:

Psalm 127:2 | Isaiah 40:29–31| Matthew 11:28–30

## **7. Closing Prayer & Requests**

## **8. Rhythms for Spiritual Formation (Practice for the Week)**

This Week's Rhythm: Physical Awareness & Care

Choose one simple practice:

- Go to bed 30 minutes earlier
- Take a daily walk or stretch while praying
- Eat one meal slowly and with gratitude
- Practice saying “no” to one unnecessary demand

Reminder:

You are not stewarding your body to prove worth—you are stewarding it because your life belongs to God.

## **SERMON 4 – REST, RENEWAL, AND SABBATH**

*Sabbath is a Sacred Rhythm We Resist*

Key Texts: Exodus 20:1-17, Genesis 2:1–3; Exodus 20:8–11; Mark 2:27-28,  
Hebrews 4:9-10, Psalm 4:6-8

# Week 4 – REST, RENEWAL, AND SABBATH

*Sabbath is a Sacred Rhythm We Resist*

**Monday – February 23**

**Scripture:** Genesis 2:2–3

## **Reflection**

Before sin entered the world, before work became exhausting, God rested. Sabbath was not created as a rescue plan for burnout—it was woven into creation itself. Rest is not a reward for finishing everything; it is a rhythm meant to remind us that we are not God. A disordered world praises constant productivity. God calls His people to something different: trust.

## **Application**

What does your current pace say about what you trust most?

## **Pray**

Creator God, teach me to rest without fear. Lord, help me receive rest as a gift. Amen.

## **Challenge**

Choose one thing today to stop doing earlier than usual.

## **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Tuesday – February 24**

**Scripture:** Exodus 20:8–11

### **Reflection**

Sabbath is the only commandment rooted in remembering. God knew His people would forget their limits, their freedom, and their dependence on Him.

Rest is an act of resistance against slavery—to work, to approval, to endless demand. When we stop, we remember who sustains us. As odd as it may sound, rest is warfare.

### **Application**

What voice pressures you most to keep going when God invites you to stop?

### **Pray**

Father, free me from false urgency. Christ Jesus, anchor my identity in You, not my output. Amen.

### **Challenge**

Set aside a short, intentional Sabbath moment today—even ten minutes. Add a weekly rhythm of an intentional Sabbath. If you work with your mind, Sabbath with your hands, if you work with your hands, Sabbath with your mind. Choose the gift of Sabbath.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Wednesday – February 25**

**Scripture:** Mark 6:30–32

### **Reflection**

Jesus invited His disciples to rest after ministry, not before they earned it. He recognized their exhaustion and called them away, not to isolation, but to renewal. Rest with Jesus is relational, not escapist. Don't believe the lie, that you can't rest.

### **Application**

Where is Jesus inviting you to withdraw with Him rather than push through?

### **Pray**

Jesus, lead me beside quiet waters. Lord, thank You for noticing when I am weary.  
Amen.

### **Challenge**

Take a short walk today without distraction, simply aware of God's presence.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.  
Rejoice and Reflect; choose to rejoice in God's generous provision.  
Ask, what do I need right now? Is there something I am missing or that I am anxious about?  
Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## Thursday – February 26

**Scripture:** Psalm 23:1–3

### Reflection

The Good Shepherd restores the soul, not through force, but through care and guidance. Restoration happens when we trust His pace instead of rushing ahead or lagging behind. Father restores us so we can walk again with clarity and joy.

### Application

What area of your life feels most depleted right now?

### Pray

Shepherd God, restore what feels worn down in me. Christ Jesus, lead me in Your gentle rhythm. Amen.

### Challenge

Write down one thing you're grateful for from this week.

### Closing Prayer

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Friday – February 27**

**Scripture:** Hebrews 4:9–11

**Reflection**

True Sabbath rest is ultimately found in Christ. We stop striving not because everything is finished, but because Jesus has already done the work that matters most. Rest becomes an expression of faith in the finished work of Christ.

**Application**

What striving might God be asking you to release?

**Pray**

Jesus, I rest in what You have already accomplished. Lord, teach me to live from rest, not exhaustion. Amen.

**Challenge**

Say no to one unnecessary demand today.

**Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Saturday – February 28**

**Scripture:** Isaiah 30:15

**Reflection**

“In returning and rest you shall be saved.” God ties renewal to quietness and trust. A noisy soul struggles to hear the gentle voice of God. Stillness creates space for clarity. Clarity reminds us of our purpose. Purpose reminds of identity in Christ Jesus.

**Application**

What noise—internal or external—do you need to quiet?

**Pray**

Holy Spirit, quiet my heart before You. God, thank You for meeting me in stillness.  
Amen.

**Challenge**

Prepare for tomorrow by choosing calm over hurry.

**Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God’s Presence.  
Rejoice and Reflect; choose to rejoice in God’s generous provision.  
Ask, what do I need right now? Is there something I am missing or that I am anxious about?  
Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **City Group Guide – Week 4: Rest, Renewal, and Sabbath**

Sabbath is not a reward for finishing—it is a gift that restores trust and joy.

### **1. Welcome & Check-In**

### **2. Opening Prayer**

### **3. Scripture Reading: Exodus 20:8–11 | Mark 2:27–28 | Psalm 4:6–8**

### **4. Observation & Reflection**

What does this passage tell us about God?

What does this passage tell us about people?

Is there a sin to avoid, a command to obey, a promise to claim, or an example to follow?

### **5. Personal Obedience – Application & Mission**

“This week, I will practice Sabbath by \_\_\_\_\_.”

Mission Lens

How might a rested soul make you more attentive to the people around you?

## **6. Reinforcement Scriptures (For the Week)**

Use these during the week for prayer or reflection:

Hebrews 4:9–10 | Matthew 11:28–30 | Isaiah 30:15

## **7. Closing Prayer & Requests**

## **8. Rhythms for Spiritual Formation (Practice for the Week)**

This Week's Rhythm: Intentional Rest

Choose one:

- Set aside a half-day or full day for Sabbath
- Unplug from email and social media for a set time
- Replace productivity with delight (walk, meal, prayer)

Reminder:

Rest is not the absence of work—it is the presence of trust.

## SERMON 5 – THE BATTLEFIELD FOR THE MIND

*Think About What You Are Thinking About*

Philippians 4:4–9; Romans 12:1–2; 2 Corinthians 10:3–6, Philippians 4:8–9

# Week 5: The Battle for the Mind

Think About What You Are Thinking About

**Monday – March 2**

**Scripture:** Philippians 4:6–7

## **Reflection**

Many of the most exhausting battles we face don't happen around us—they happen within us. Anxiety often feels unavoidable, but Scripture invites us into a different response: prayer instead of panic, trust instead of rehearsal.

God's peace is not the absence of trouble; it is the presence of Christ guarding the inner life.

## **Application**

What anxious thought has been replaying in your mind lately?

## **Pray**

Father, I bring You the worries I've been carrying silently. Christ Jesus, guard my heart and mind with Your peace. Amen.

## **Challenge**

Write down one anxious thought and consciously offer it to God in prayer.

## **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Tuesday – March 3**

**Scripture:** Philippians 4:8

### **Reflection**

Your mind is constantly being trained, by what you consume, rehearse, and believe. Scripture reminds us that thinking is not neutral.

What we dwell on shapes what we become.

God invites us to participate in the renewal of our minds by choosing what is true, honorable, and worthy of praise.

### **Application**

What kind of thoughts have you been feeding most consistently?

### **Pray**

Holy Spirit, redirect my focus toward truth. God, help me think in ways that lead to life. Amen.

### **Challenge**

Limit negative or fear-driven media intake today.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Wednesday – March 4**

**Scripture:** Romans 12:2

### **Reflection**

Transformation does not begin with changing circumstances, it begins with renewing the mind. God reshapes lives from the inside out, not through pressure, but through truth. Renewal is a daily practice, not a one-time breakthrough. Choose to start everyday by renewing your mind.

### **Application**

Where might God be inviting you to think differently?

### **Pray**

Lord, renew my mind through Your Word and Spirit. Jesus, transform me from the inside out. Amen.

### **Challenge**

Replace one negative thought with a Scripture-based truth.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Thursday – March 5**

**Scripture:** 2 Corinthians 10:5

### **Reflection**

Taking thoughts captive is not denial, it is discipleship. Left unchecked, lies quietly shape beliefs and behaviors. Scripture equips us to confront false narratives with truth. Victory often begins with awareness. This takes time, don't give up because it is hard. Think about what you are thinking about.

### **Application**

What thought needs to be confronted with truth today?

### **Pray**

God, help me recognize and resist lies. Lord, strengthen my mind with truth. Amen.

### **Challenge**

Name one recurring lie and write a truth from Scripture to counter it.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Friday – March 6**

**Scripture:** Isaiah 26:3

### **Reflection**

Peace is not accidental, it is cultivated through trust. Fixing our minds on God anchors us when circumstances feel unstable. A calm mind becomes a quiet witness in a chaotic world.

### **Application**

What does it look like for you to fix your mind on God today?

### **Pray**

God, keep my mind stayed on You. Lord, thank You for being my steady anchor. Amen.

### **Challenge**

Practice intentional gratitude throughout the day. Write down three things you are grateful for...

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Saturday – March 7**

**Scripture:** Philippians 4:9

### **Reflection**

Peace is learned and practiced. God's presence accompanies obedience, not perfection. Over time, faithful thought patterns reshape the inner landscape.

Mental renewal is slow, holy work, and God is patient with the process. Give yourself grace. You might not be where you want to be but recognize you're further along than you thought you'd be.

### **Application**

What practice could help guard your mental life this coming week?

### **Pray**

Holy Spirit, form healthy rhythms in my thinking. God, I trust You with my inner life. Amen.

### **Challenge**

Prepare your heart for worship by releasing mental clutter.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **City Group Guide – Week 5: The Battle For The Mind**

What you think about most will eventually shape how you live.

### **1. Welcome & Check-In**

### **2. Opening Prayer**

### **3. Scripture Reading: Philippians 4:4–9 | Romans 12:2 | 2 Corinthians 10:3–5**

### **4. Observation & Reflection**

What does this passage tell us about God?

What does this passage tell us about people?

Is there a sin to avoid, a command to obey, a promise to claim, or an example to follow?

### **5. Personal Obedience – Application & Mission**

Ask everyone to complete this statement privately:

“This week, when I notice the thought \_\_\_\_\_, I will replace it with God’s truth.”

#### **Mission Lens**

How might a calmer, more grounded mind help you be more present and loving toward others this week?

## **6. Reinforcement Scriptures (For the Week)**

Use these during the week for prayer or reflection:

Isaiah 26:3 | Psalm 42:5 |Colossians 3:2

## **7. Closing Prayer & Requests**

## **8. Rhythms for Spiritual Formation (Practice for the Week)**

This Week's Rhythm: Thought Awareness & Renewal

Choose one:

- Write down recurring negative thoughts and replace them with Scripture
- Practice daily gratitude (3 things each day)
- Pause during stress and pray Philippians 4:6–7

Reminder:

You are not owned by your worst thought. In Christ, your mind can be renewed.

## SERMON 6 – SPIRITUAL WARFARE & RESILIENCE

*Spiritual darkness doesn't retreat because we refuse to name it*

Key Texts: Ephesians 6:10–20; 1 Peter 5:6–11; James 4:6-10

# Week 6: Spiritual Warfare & Resilience

Spiritual darkness doesn't retreat because we refuse to name it

**Monday – March 9**

**Scripture:** Ephesians 6:10–11

## **Reflection**

Scripture is clear that following Jesus places us in a real and unseen battle.

Ignoring that reality doesn't make life easier, it leaves us unprepared.

Paul does not call us to fear the darkness, but to be strong in the Lord.

Spiritual resilience begins with dependence, not self-confidence.

We do not fight for victory; we stand in the victory Christ has already won.

## **Application**

Where have you been relying on your own strength instead of God's?

## **Pray**

Lord, strengthen me with Your power, not my own. Jesus, help me stand firm in Your victory. Amen.

## **Challenge**

Begin your day today by consciously inviting God's strength into your decisions.

## **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Tuesday – March 10**

**Scripture:** Ephesians 6:12

### **Reflection**

Not every struggle is spiritual warfare, but no part of our lives is untouched by the spiritual realm. Scripture reminds us that our real enemy is not people, but the unseen forces that distort truth and fuel division.

Seeing clearly changes how we respond, with humility instead of hostility.

### **Application**

Where might you be misdirecting frustration toward people instead of recognizing a deeper battle?

### **Pray**

God, give me spiritual discernment and clarity. Lord, help me respond with wisdom and grace. Amen.

### **Challenge**

Pause before reacting today and ask, “What’s really happening here?”

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God’s Presence.

Rejoice and Reflect; choose to rejoice in God’s generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Wednesday – March 11**

### **Scripture: 1 Peter 5:8–9**

#### **Reflection**

The enemy looks for vulnerability, fatigue, isolation, pride, discouragement.

Peter's warning is not meant to create fear, but awareness.

Resilience grows through humility, vigilance, and community. Order protects the soul.

#### **Application**

Where are you most vulnerable right now—relationaly, physically, mentally, or spiritually?

#### **Pray**

Father, guard my heart where I am weakest. God, thank You for never leaving me unprotected. Amen.

#### **Challenge**

What is one change you can make to address your vulnerability?

#### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Thursday – March 12**

**Scripture:** James 4:7-8

### **Reflection**

Resisting the enemy is not dramatic, it is a daily discipline. Submission to God precedes spiritual authority. As we draw near to God, we are strengthened to stand against what opposes His work in us. Spiritual victory flows from walking closely with Jesus.

### **Application**

What does drawing near to God look like for you today?

### **Pray**

Lord, I submit my heart and mind to You. Jesus, thank You for meeting me when I draw near. Amen.

### **Challenge**

Spend a few extra minutes today in Scripture or prayer. Take a walk with Jesus, no agenda, no list, just take 10 minutes and acknowledge His presence and His Lordship in your life.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Friday – March 13**

**Scripture:** Ephesians 6:16

### **Reflection**

Faith is not passive belief, it is active trust. The shield of faith protects us from lies, accusations, and fear. Faith reminds us of what is true when emotions and circumstances try to tell another story. Faith grows stronger when it is practiced.

### **Application**

What “flaming dart” has been testing your faith lately?

### **Pray**

God, strengthen my trust in You. Lord, I trust You in the midst of uncertainty. Amen.

### **Challenge**

Speak a truth of faith aloud when doubt surfaces today. Take a moment read Ephesians 6:11-20 and picture yourself putting on the Armor of God piece by piece.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God’s Presence.

Rejoice and Reflect; choose to rejoice in God’s generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Saturday – March 14**

**Scripture:** Ephesians 6:18

**Reflection**

Prayer is not the final piece of armor, it is the atmosphere in which we stand. A praying life is a life rooted in the presence of Christ Jesus. Ongoing prayer keeps us alert, grounded, and connected to God's presence. Resilience is built through faithful, ordinary practices over time.

**Application**

How might prayer become more integrated into your daily life?

**Pray**

Holy Spirit, teach me to pray continually. God, thank You for equipping me to stand firm. Amen.

**Challenge**

Prepare your heart for worship by praying for strength and clarity.

**Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **City Group Guide – Week 6: Spiritual Warfare & Resilience**

We do not fight for victory—we fight from the victory Christ has already won.

### **1. Welcome & Check-In**

### **2. Opening Prayer**

### **3. Scripture Reading: Ephesians 6:10–18 | 1 Peter 5:8–10 | James 4:7–8**

### **4. Observation & Reflection**

What does this passage tell us about God?

What does this passage tell us about people?

Is there a sin to avoid, a command to obey, a promise to claim, or an example to follow?

### **5. Personal Obedience – Application & Mission**

“This week, I will stand firm by \_\_\_\_\_ as an act of trust in God.”

#### **Mission Lens**

How might standing firm in faith become a quiet but powerful witness to people watching your life?

## **6. Reinforcement Scriptures (For the Week)**

Use these during the week for prayer or reflection:

Psalm 18:2 | Romans 8:37–39 | 2 Thessalonians 3:3

## **7. Closing Prayer & Requests**

## **8. Rhythms for Spiritual Formation**

This Week's Rhythm: Daily Armor Awareness

Choose one:

- Begin each day praying through one piece of the armor of God
- Memorize Ephesians 6:10–11
- Practice short prayers of resistance and trust during moments of stress

Reminder:

You are not defenseless. In Christ, you are protected, strengthened, and never alone.

# SERMON 7 – MEANS OF GRACE: HOW GOD FORMS US OVER TIME

*God Forms Christlikeness Over Time*

Acts 2:42-47; John 15:4–5; Colossians 2:6–10

# Week 7: Means of Grace: How God Forms Us Over Time

## God Forms Christlikeness Over Time

**Monday – March 16**

**Scripture:** Acts 2:42

### **Reflection**

Spiritual growth rarely happens through dramatic moments alone. Scripture shows us that God forms His people through ordinary, repeated practices, teaching, fellowship, Communion, and prayer. These are often called the means of grace.

The early church did not devote themselves to these practices to earn God's favor. They devoted themselves because they had already received it.

Grace saves instantly, but formation happens gradually.

### **Application**

Which spiritual practice has been most life-giving for you in past seasons?

### **Pray**

God, help me return to the practices that draw me closer to You. Lord, thank You for shaping my life through Your grace. Amen.

### **Challenge**

Choose one simple spiritual rhythm to practice intentionally this week.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today..

**Tuesday – March 17**

**Scripture:** John 15:4–5

### **Reflection**

Jesus does not invite us to work harder, He invites us to abide. Abiding is not passive, but relational. Fruit grows naturally when a branch remains connected to the vine. Many people drift spiritually not because they stop believing, but because they stop abiding.

### **Application**

What helps you stay connected to Jesus consistently?

### **Prayer**

Jesus, teach me how to remain close to You. Lord, help me abide rather than strive.  
Amen.

### **Challenge**

Spend unhurried time with God today, even if it feels simple.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Wednesday – March 18**

**Scripture:** Colossians 2:6–7

### **Reflection**

The way we begin the Christian life is the way we continue it, by grace, through faith. Roots grow slowly beneath the surface before fruit becomes visible.

Formation often happens quietly, without applause or immediate results.

### **Application**

Where might God be growing roots in your life right now?

### **Pray**

Father, establish me deeply in Your truth. Christ Jesus, help me trust the unseen work You are doing. Amen.

### **Challenge**

Practice gratitude today for growth you cannot yet see. Write down one area of your life you have seen growth in, and thank Christ Jesus for His formation in your life.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Thursday – March 19**

**Scripture:** Hebrews 10:24–25

**Reflection**

Community is not optional for spiritual formation. We need one another to encourage, challenge, and remind us of hope. Isolation weakens faith; connection strengthens endurance. God often uses ordinary relationships to accomplish extraordinary transformation.

**Application**

How connected are you to Christian community right now?

**Pray**

Lord, place me in life-giving relationships. God, thank You for forming me through others. Amen.

**Challenge**

Encourage someone in their faith today.

**Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Friday – March 20**

**Scripture:** Psalm 1:1–3

### **Reflection**

A life rooted in God's Word becomes steady and fruitful, even in difficult seasons. Scripture nourishes the soul, shaping desires and direction over time. Consistency, not intensity, leads to lasting growth.

### **Application**

What place does Scripture hold in your daily rhythm?

### **Pray**

Holy Spirit, plant Your Word deeply in me. Lord, let my life be rooted in Your truth. Amen.

### **Challenge**

Read all of Psalm 1, slowly. What stands out to you today?

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Saturday – March 21**

**Scripture:** Philippians 1:6

**Reflection**

God is faithful to finish what He starts. Formation is not dependent on your perfection, but on His promise. Even when growth feels slow, God is still at work.

**Application**

Where do you need to trust God's ongoing work in your life?

**Pray**

Father, help me trust the process You are leading. Lord, thank You for never giving up on me. Amen.

**Challenge**

Prepare your heart for worship by resting in God's faithfulness.

**Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today..

## **City Group Guide – Week 7: Means Of Grace**

How God Forms Us Over Time - God forms Christlikeness in us over time through ordinary, faithful practices.

### **1. Welcome & Check-In**

### **2. Opening Prayer**

### **3. Scripture Reading: Acts 2:42–47 | John 15:4–5 | Colossians 2:6–7**

### **4. Observation & Reflection**

What does this passage tell us about God?

What does this passage tell us about people?

Is there a sin to avoid, a command to obey, a promise to claim, or an example to follow?

### **5. Personal Obedience – Application & Mission**

“This season, God is inviting me to be faithful in \_\_\_\_\_.”

#### **Mission Lens**

How might steady, faithful rhythms shape your witness over time more than occasional intensity?

## **6. Reinforcement Scriptures (For the Week)**

Use these during the week for prayer or reflection:

Psalm 1:1–3 | Galatians 6:9 | Philippians 1:6

## **7. Closing Prayer & Requests**

## **8. Rhythms for Spiritual Formation (Practice for the Week)**

This Week's Rhythm: Consistent Practice

Choose one:

- Read Scripture daily at the same time
- Set a short daily prayer rhythm
- Practice weekly generosity or gratitude

Reminder:

Small practices, repeated over time, shape strong and resilient disciples.

## SERMON 8 — A RULE OF LIFE FOR A DISORDERED WORLD

*A Well-Ordered Life Is a Missional Life*

Matthew 6:33-34; Hebrews 12:1-2; John 10:10-13

# Week 8: A Rule of Life for a Disordered World

## A Well-Ordered Life Is a Missional Life

**Monday – March 23**

**Scripture:** Matthew 6:33

### **Reflection**

A well-ordered life begins with a clear first priority. Jesus does not ask us to seek everything at once, He asks us to seek first His Kingdom. Order always precedes fruit. A Rule of Life is not about restriction; it is about alignment. When our lives are aligned with the kingdom of God, we discover freedom rather than pressure.

### **Application**

What currently competes most for first place in your life?

### **Pray**

Jesus, reorder my loves and priorities around You. Lord, help me seek Your kingdom first. Amen.

### **Challenge**

Name one priority you need to realign this week.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Tuesday – March 24**

**Scripture:** Hebrews 12:1

**Reflection**

Scripture invites us to lay aside every weight, not just sin, but anything that slows us down. A Rule of Life helps us notice what is forming us and what is quietly draining us. Freedom often begins with letting go.

**Application**

What weight might God be inviting you to set down?

**Pray**

God, give me wisdom to release what hinders my growth. Father, help me run with endurance and joy. Amen.

**Challenge**

Remove one unnecessary commitment or distraction today.

**Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

**Wednesday – March 25**

**Scripture:** John 10:10

**Reflection**

Jesus came not just to rescue us from death, but to lead us into abundant life. This kind of life is not accidental, it is cultivated through intentional rhythms that sustain love, joy, and mission. A Rule of Life protects abundance.

**Application**

Where does your life feel full, and where does it feel depleted?

**Pray**

Jesus, lead me into the life You promised. Lord, thank You for desiring fullness for my life. Amen.

**Challenge**

Write one life-giving rhythm you want to protect going forward.

**Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today..

**Thursday – March 26**

**Scripture:** Hebrews 12:2

**Reflection**

A well-ordered life keeps its eyes fixed on Jesus. He is not only the starting point of our faith, but the sustaining center. Rules and rhythms fail when they drift from relationship. Alignment flows from affection. Affection is found in abiding.

**Application**

What helps you keep your eyes fixed on Jesus daily?

**Pray**

Jesus, keep my focus steady on You. Lord, draw my attention back to You again and again. Amen.

**Challenge**

Begin or end today by quietly acknowledging Jesus' presence.

**Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Friday – March 27**

**Scripture:** Luke 10:2

### **Reflection**

A formed life becomes a sent life. When our lives have margin, clarity, and rest, we begin to notice people around us. Mission flows naturally from formation. God does not send us depleted, He sends us sustained.

### **Application**

Who might God be placing in your path right now?

### **Pray**

Lord, open my eyes to the people You are drawing me toward. God, shape my life so it can be poured out in love. Amen.

### **Challenge**

Pray specifically for one person who needs encouragement or hope.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **Saturday – April 4**

**Scripture:** Colossians 3:17

### **Reflection**

A Rule of Life is not a finish line—it is a way of walking with God over time. Seasons change, rhythms adjust, but grace remains.

As this devotional journey concludes, remember: you are not striving to become someone new. In Christ, you are learning to live as who you already are.

### **Application**

What is one commitment you want to carry forward from this season?

### **Pray**

God, help me live faithfully in the season ahead. Lord, thank You for forming me, sustaining me, and sending me. I trust You with the road ahead. Amen.

### **Challenge**

Write a simple, grace-filled Rule of Life using RPMS as your guide.

### **Closing Prayer**

Pause to be still, breathe slowly, and re-center upon God's Presence.

Rejoice and Reflect; choose to rejoice in God's generous provision.

Ask, what do I need right now? Is there something I am missing or that I am anxious about?

Yield, is there something from the Scriptures, a particular word or phrase that the Holy Spirit is highlighting for me today...

## **City Group Guide – Week 8: Rule Of Life For A Disordered World**

A Rule of Life for a Disordered World

A well-ordered life is a missional life—lived intentionally, sustained by grace, and sent in love.

### **1. Welcome & Check-In**

### **2. Opening Prayer**

### **3. Scripture Reading: Matthew 6:33–34 | Hebrews 12:1–2 | John 10:10**

### **4. Observation & Reflection**

What does this passage tell us about God?

What does this passage tell us about people?

Is there a sin to avoid, a command to obey, a promise to claim, or an example to follow?

### **5. Personal Obedience – Application & Mission**

“My next faithful step toward a Rule of Life is \_\_\_\_\_.”

Then guide them to reflect (no pressure to share everything):

## RPMS Reflection

- Relational: Who am I intentionally walking with?
- Physical: How am I stewarding my energy and body?
- Mental: What voices and thoughts shape my inner life?
- Spiritual: Where am I meeting with God consistently?

## Mission Lens

How might a more ordered, rested, and intentional life make space for you to notice and love others more fully?

## **6. Reinforcement Scriptures (For the Season Ahead)**

Use these during the week for prayer or reflection:

Psalm 16:11 | Proverbs 4:23 | Colossians 3:17

## **7. Closing Prayer & Requests**

## **8. Rhythms for Spiritual Formation (Practice Going Forward)**

This Ongoing Rhythm: A Simple Rule of Life

Encourage each person to choose:

- One rhythm per RPMS (Relational, Physical, Mental, Spiritual)
- Small, sustainable, life-giving practices
- A monthly or quarterly review to adjust with grace