

# 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:

Where am I tempted to treat church as an event rather than a people?

## GROW. THE GARDEN

- Read Scripture at least once a week this month.

Simple Ways to Practice:

- Read a short passage (5–10 verses) slowly.
- Ask three simple questions:
  - What does this say about God?
  - What does this say about people?
  - What might God be inviting me to respond to?
- Once you consistently practice reading Scripture once a week, stretch yourself by aiming for more days a week.
- Helpful Tip: Consistency matters more than length.

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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 what I've been given as something to steward, not protect.*

## GO. THE PLOW



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

*Root us deeply in your love so that our lives bear good fruit in time.*