

Spiritual Rhythms

INTRODUCTION

Thank you for joining us for this journey into key rhythms that will help you encounter God as you follow and become more like Jesus. Each week we'll offer a guide with biblical teaching, prayer prompts, and specific practices to help you experience the deeper life. These guides will become part of our Core Curriculum series, available online for use by individuals and groups throughout the year. Each guide will include the following sections:

- **This Week's Rhythm:** We'll begin with a brief definition and explanation of the practice, including some reasons the practice is so vital to your deeper life in Christ.
- **Scripture Basis:** We'll offer two to three scripture passages to reflect upon, as well as some summative questions to encourage your application and response.
- **Christian Tradition:** Some weeks, we will offer an example of a saint in history who used this practice well.
- **Practice:** Each week will include a specific exercise to practice this particular discipline. Some will include variations for new believers versus long-time followers of Jesus.
- **Prayer Focus:** Prayer prompts can help deepen your walk and will include three areas to align with Acts 1:8, where we are called to be "witnesses in Jerusalem, Judea and Samaria, and to the ends of the earth." Our categories will be (1) our CCC family, (2) our local community, and (3) The Alliance as a denomination.
- **Resources:** We'll include a list of books and websites that support each week's practice. We encourage you to reach out to our team to recommend other resources as you find them!

HOW TO USE THE WEEKLY RESOURCE

One question we've gotten as we've planned for this guide is whether it's designed for personal or group use. The answer is *YES!* Below are a couple of ideas and recommendations:

- **Personal Use**—Use the guide as a flexible outline for daily devotionals. For instance:
 - Day 1: Read the introduction and the first scripture.
 - Day 2: Read the second scripture and journal a response to some of the questions.
 - Day 3: Read the Christian Tradition section and pray through one of the prayer prompts.
 - Day 4: Choose one of the Practice applications and try something new.
 - Day 5: Pray through another prayer prompt and talk to a friend about what you're learning.
 - Day 6: View one of the recommended video links in the Resources section.
- **Group Use**—Use the guide as preparation for discussions in community groups or for conversation with a prayer partner or mentor. For instance:
 - Talk about how trying these practices impacted your life this week.
 - Read and discuss the scripture basis for each practice.

- Encourage members to research one of the additional resources and share what they learned.
- Pray through the prayer prompts but expand with individuals you know by name.

An additional note: The Adult Ministries Team at CCC is excited to offer these resources and hope they help you encounter God as you follow and become more like Jesus. Please reach out to us if you have any questions by emailing info@cccomaha.org!