

Rhythms

Rhythms

GROW

²⁸ “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”



MATTHEW 11:28-30 NIV

Rhythms

GROW

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”



MATTHEW 11:28-30 MSG

Rhythms

G R O W

¹ “I am the true vine, and my Father is the gardener.
² He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful.
⁴ Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.



JOHN 15:1-2,4 NIV

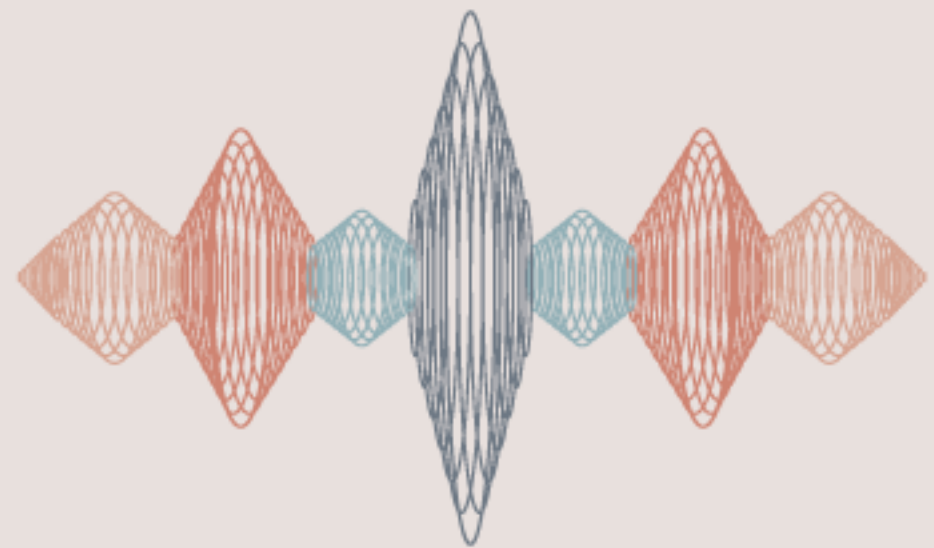
Rhythms

Grow up

Give to

Gather in

Go out



Rhythms

G R O W

GROW up

⁴² And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers. ⁴³ And awe came upon every soul, and many wonders and signs were being done through the apostles.



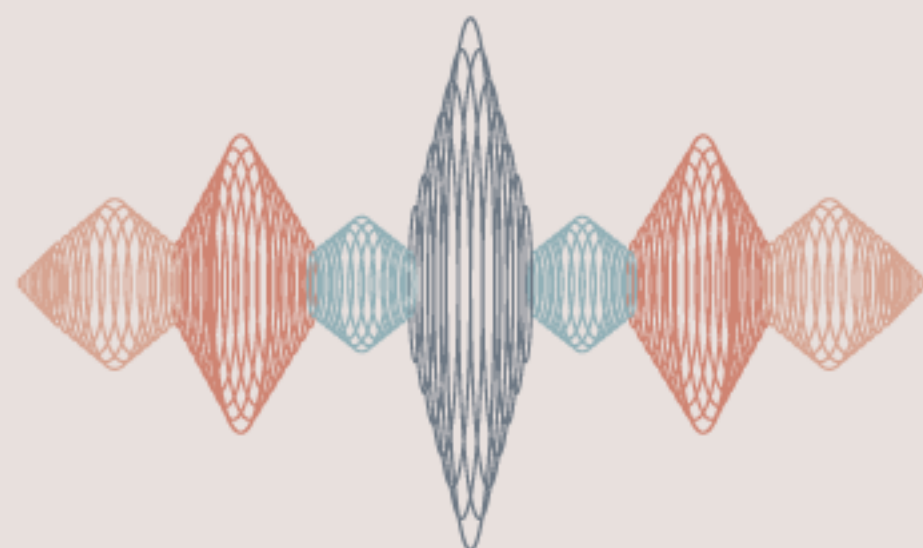
ACTS 2:42-43 NIV

Rhythms

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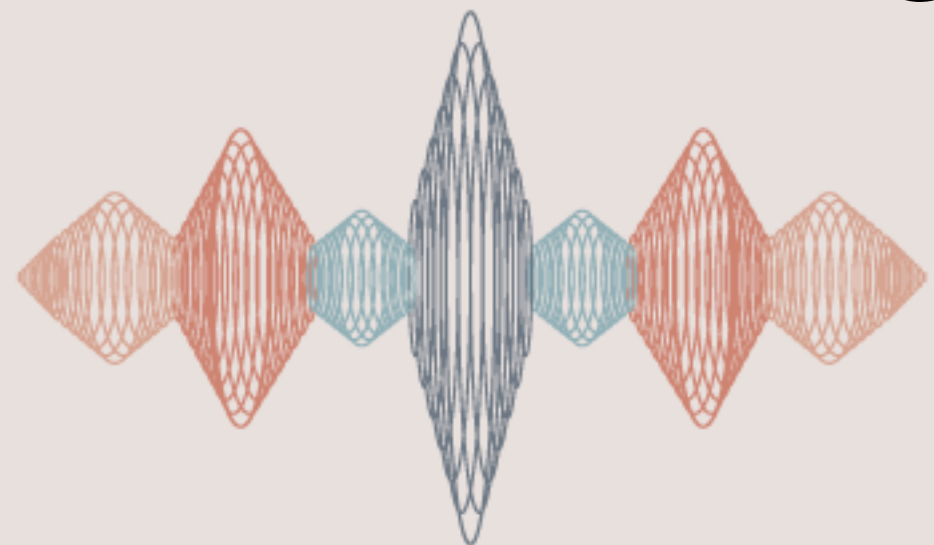


ACTS 2:42-43 NIV

Rhythms

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²⁴ Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵ Everyone who competes = in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.

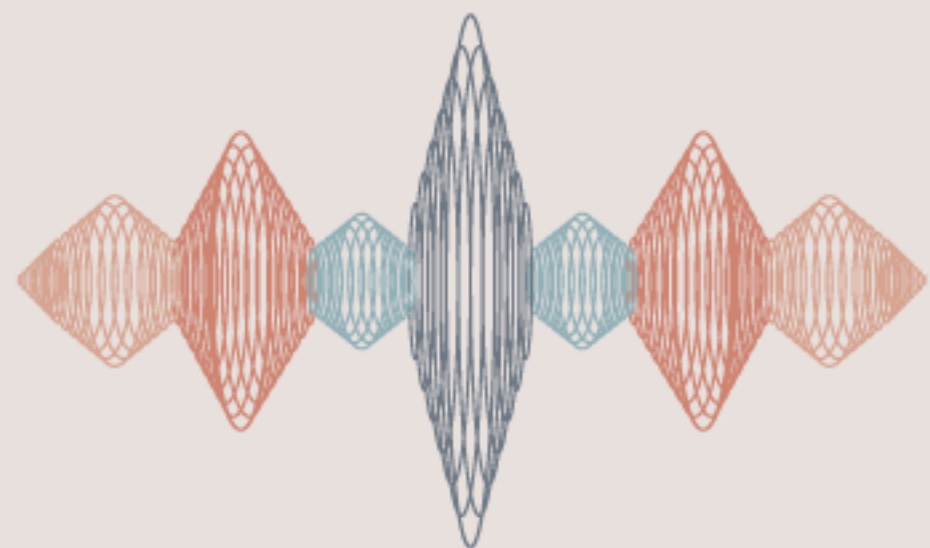


1 CORINTHIANS 9:24-25 NIV

Rhythms

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⁷ Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. ⁹ This is a trustworthy saying that deserves full acceptance.



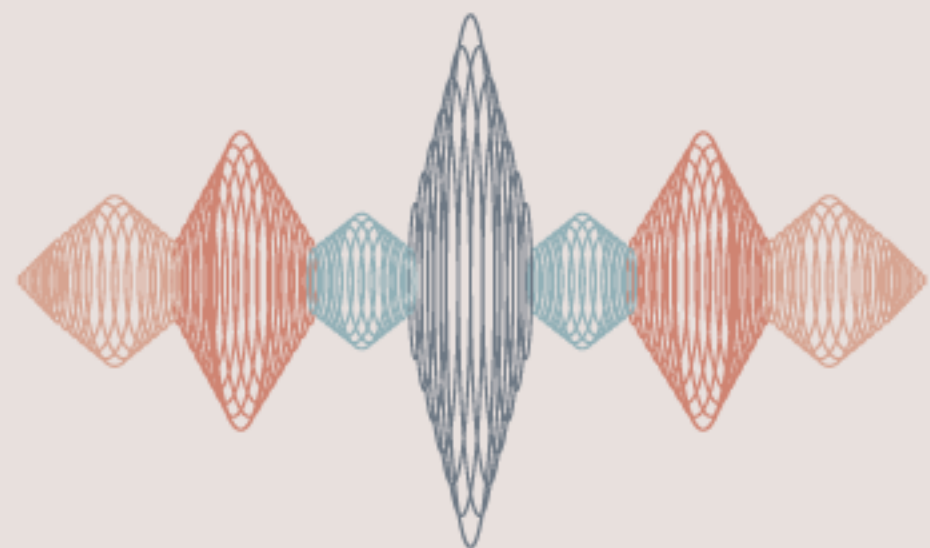
1 TIMOTHY 4:7-9 NIV

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ACTS 2:42-43 NIV

Rhythms

GROW

5 Healthy Habits to Grow

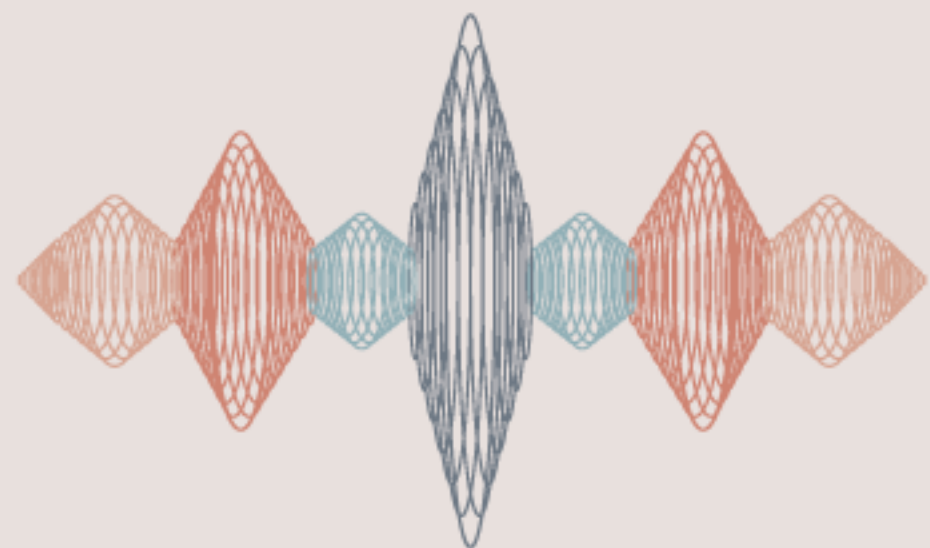
- Scripture Meditation



Rhythms

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¹⁶ All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, ¹⁷ so that the servant of God may be thoroughly equipped for every good work.



2 TIMOTHY 3:16-17 NIV

Rhythms

GROW

“Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”



JOSHUA 1:8 NIV

Rhythms

GROW

5 Healthy Habits to Grow

- **Scripture Meditation** - Memorize a verse

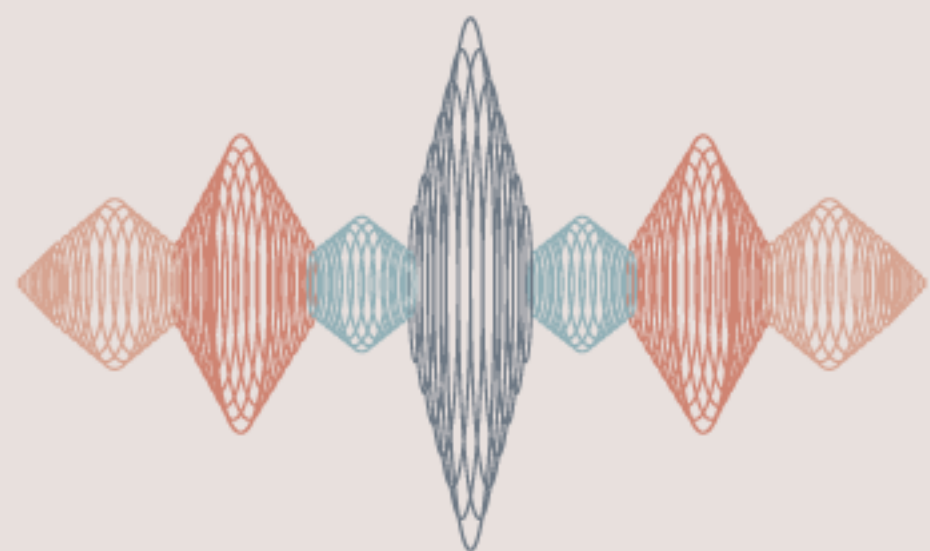


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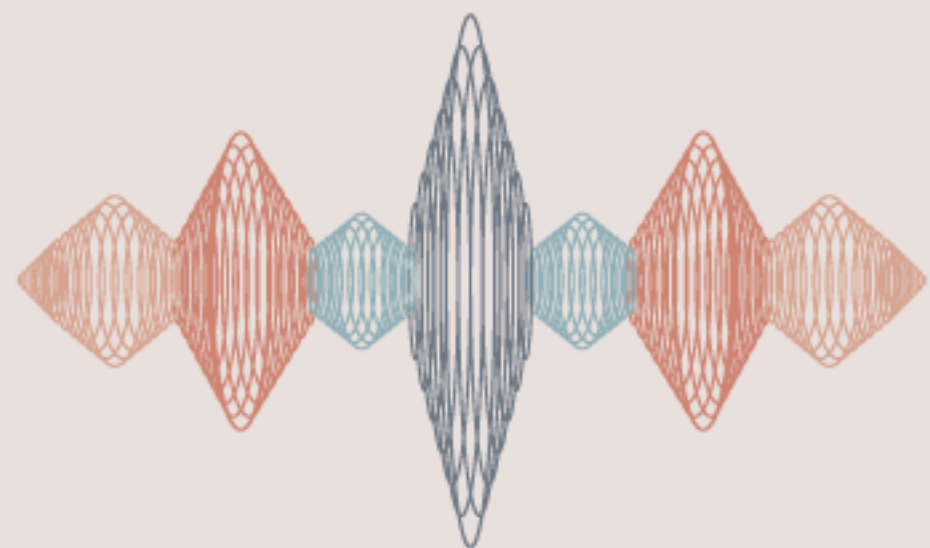
ACTS 2:42-43 NIV

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5 Healthy Habits to Grow

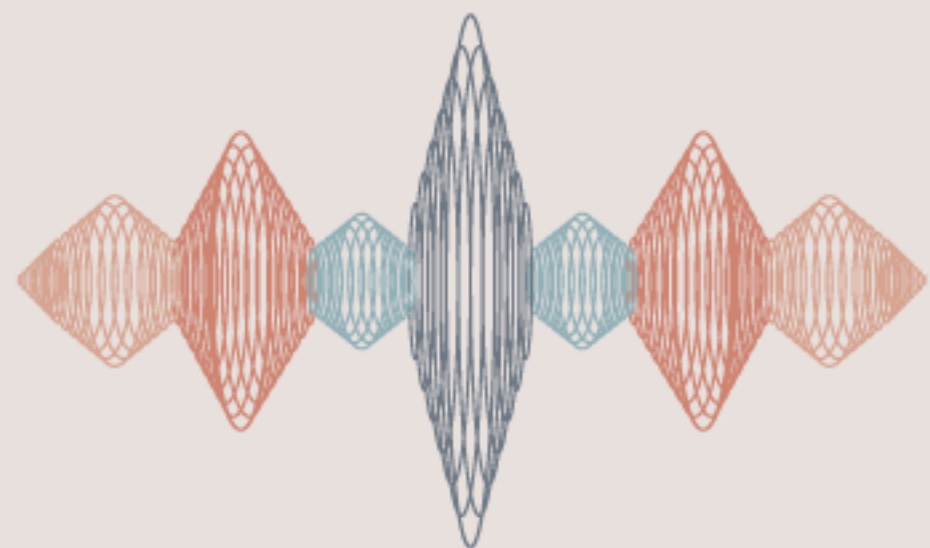
- **Scripture Meditation** - Memorize a verse
- **Sharpen Another**



Rhythms

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“As iron sharpens iron, so one person sharpens another.”



PROVERBS 27:17 NIV

Rhythms

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⁵ This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. ⁶ If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. ⁷ But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

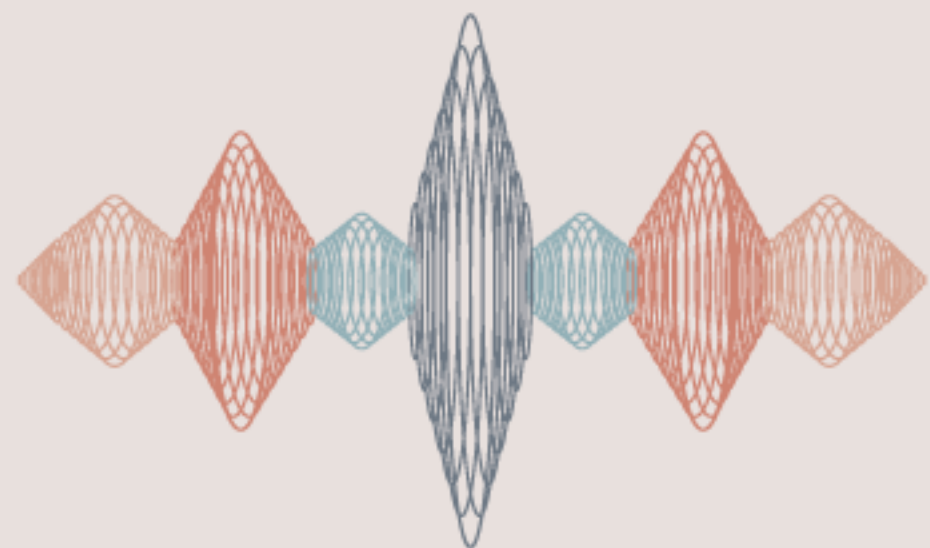


1 JOHN 1:5-7 NIV

Rhythms

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“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”



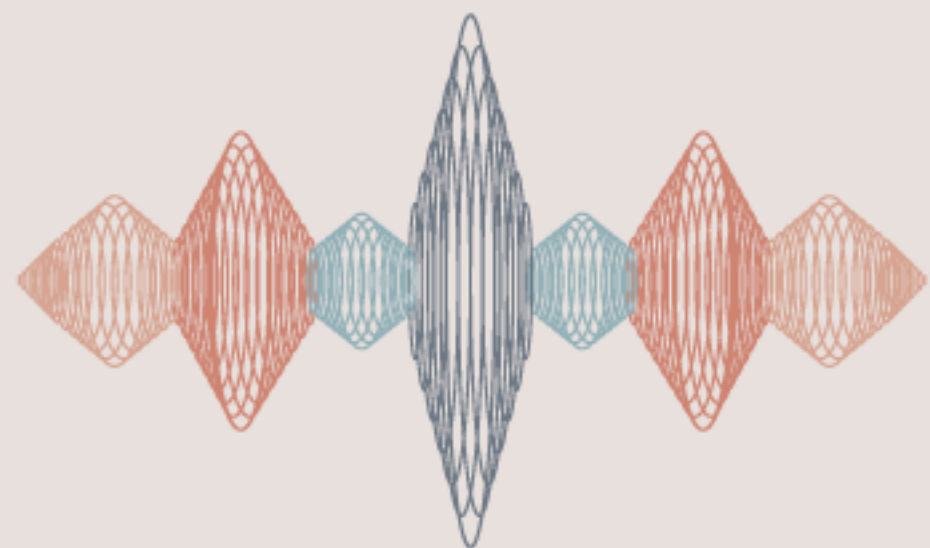
JAMES 5:16 NIV

Rhythms

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5 Healthy Habits to Grow

- **Scripture Meditation** - Memorize a verse
- **Sharpen Another** - Lunch with a friend

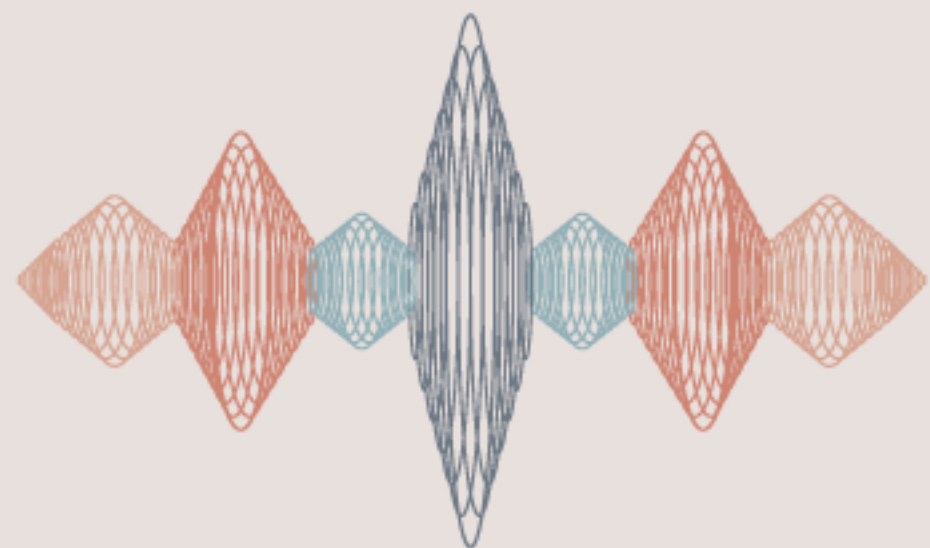


Rhythms

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⁴² And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the **prayers**. ⁴³ And awe came upon every soul, and many wonders and signs were being done through the apostles.



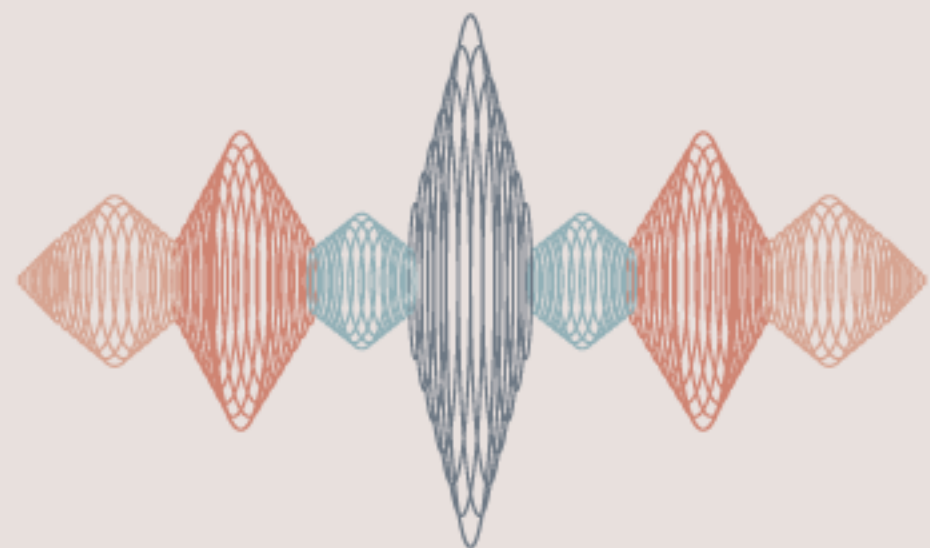
ACTS 2:42-43 NIV

Rhythms

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5 Healthy Habits to Grow

- **Scripture Meditation** - Memorize a verse
- **Sharpen Another** - Lunch with a friend
- **Secret Place**



Rhythms

G R O W

⁵ “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. ⁶ But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.



MATTHEW 6:5-6 NIV

Rhythms

GROW

P . R . A . Y .

Praise

Repent

Ask

Yield

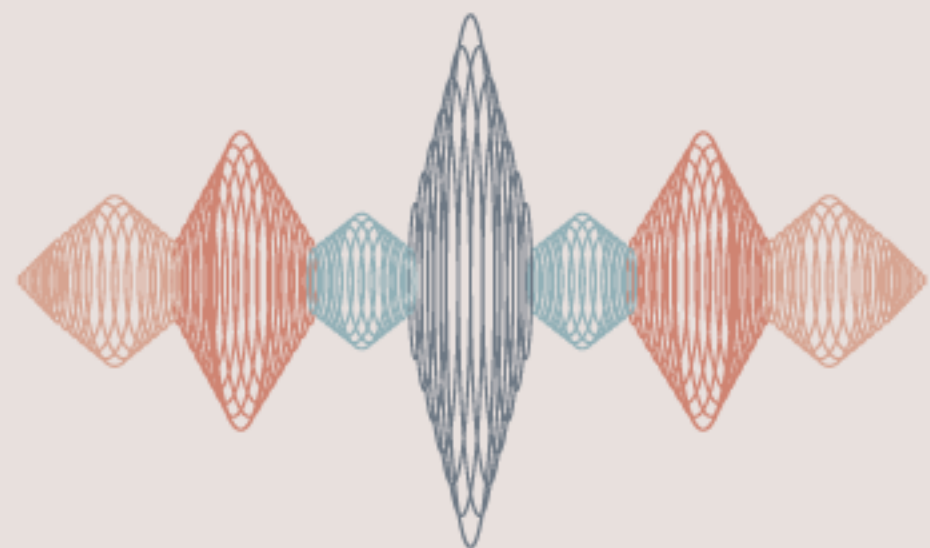


Rhythms

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5 Healthy Habits to Grow

- **Scripture Meditation** - Memorize a verse
- **Sharpen Another** - Lunch with a friend
- **Secret Place** - Pray on my knees

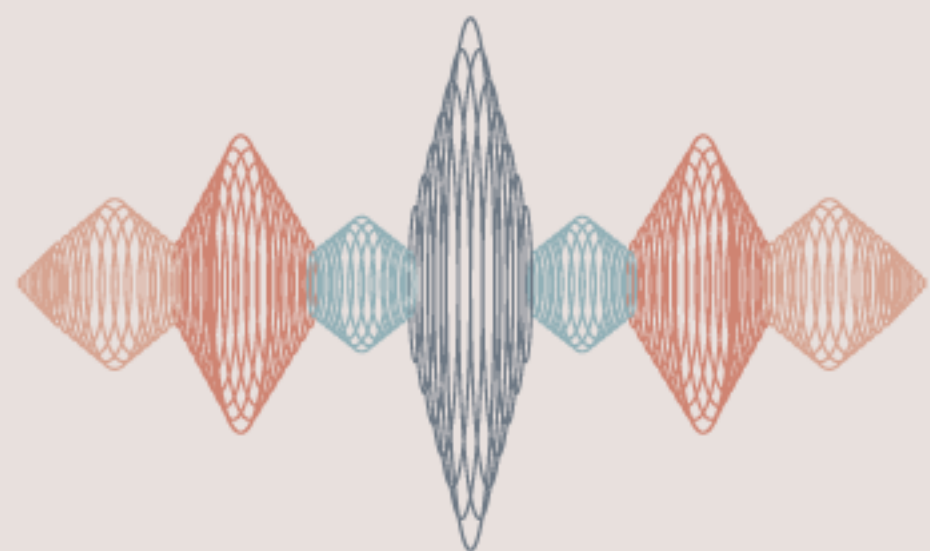


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ACTS 2:42-43 NIV

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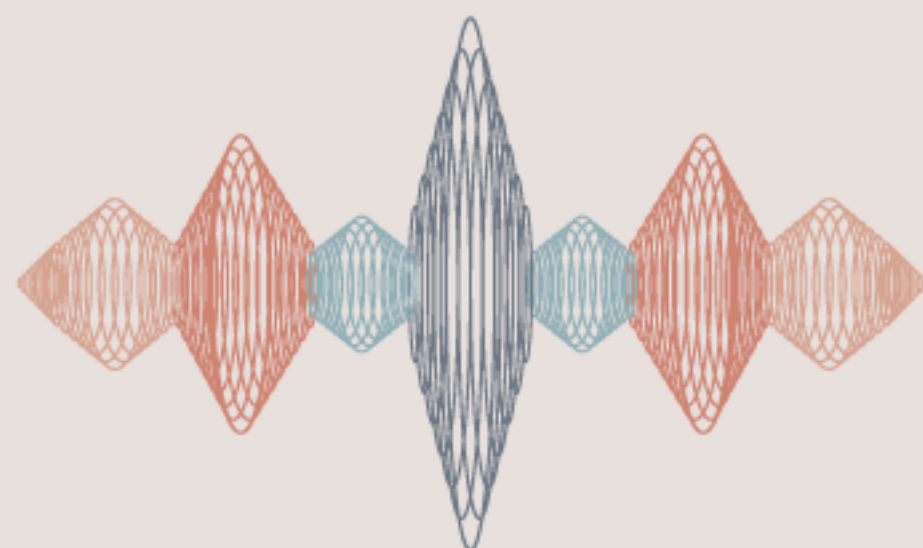
- **Scripture Meditation** - Memorize a verse
- **Sharpen Another** - Lunch with a friend
- **Secret Place** - Pray on my knees
- **Sense of Awe**



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¹³ That's the whole story. Here now is my final conclusion: Fear God and obey his commands, for this is everyone's duty. ¹⁴ God will judge us for everything we do, including every secret thing, whether good or bad.

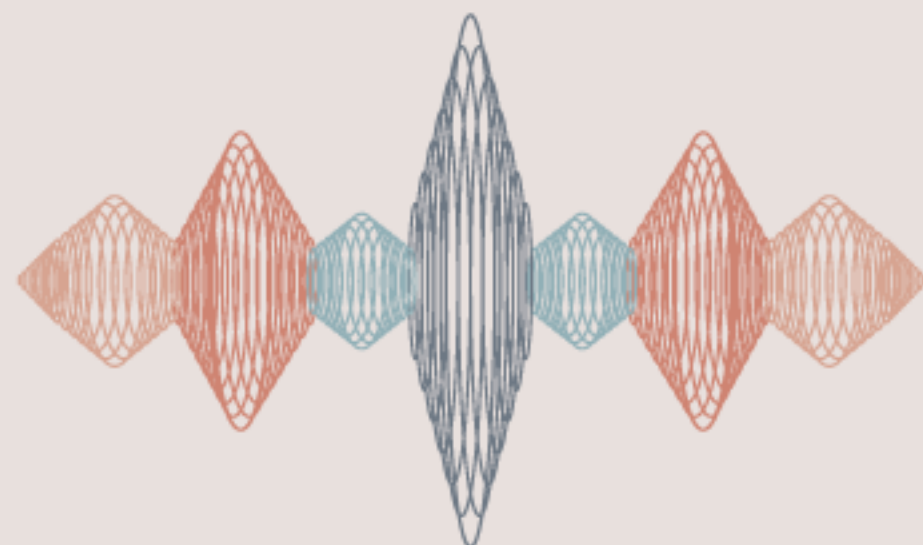


ECCLIESIASTES 12:13-14 NLT

Rhythms

GROW

¹¹ The Lord has given me a strong warning not to think like everyone else does. He said, ¹² “Don’t call everything a conspiracy, like they do, and don’t live in dread of what frightens them. ¹³ Make the Lord of Heaven’s Armies holy in your life. He is the one you should fear. He is the one who should make you tremble. ¹⁴ He will keep you safe.

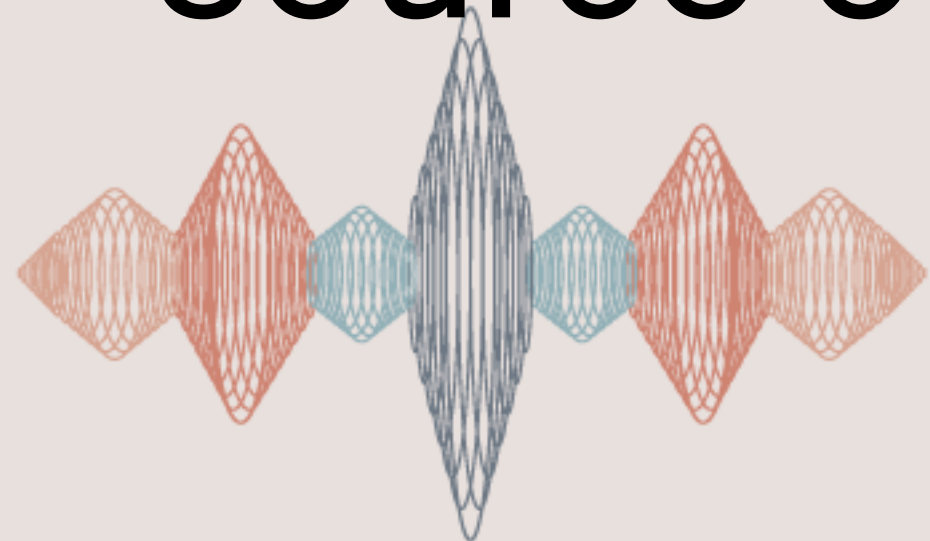


ISAIAH 8:11-14 NLT

Rhythms

G R O W

⁷ During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission. ⁸ Son though he was, he learned obedience from what he suffered ⁹ and, once made perfect, he became the source of eternal salvation for all who obey him

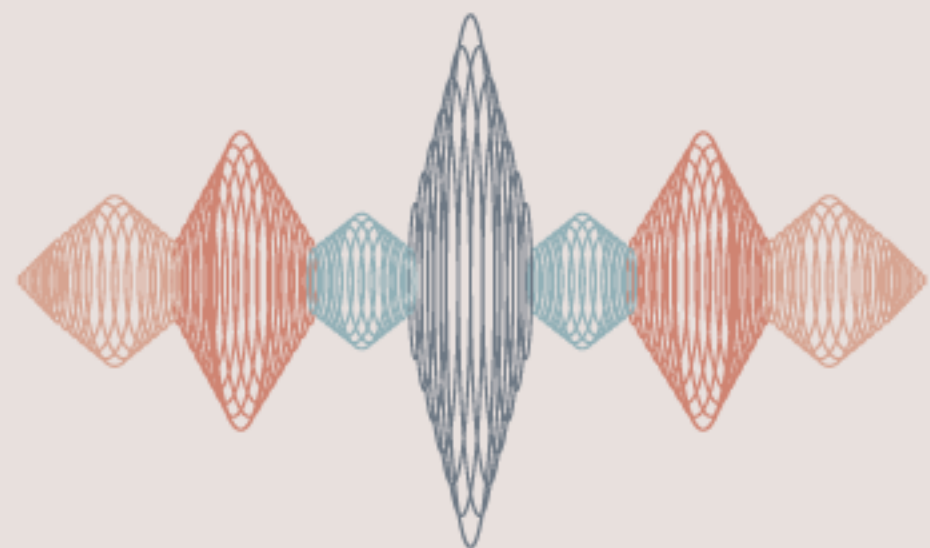


HEBREWS 5:7-9 NIV

Rhythms

GROW

²⁸ Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe,
²⁹ for our “God is a consuming fire.”



HEBREWS 12:28-29 NIV

Rhythms

GROW

5 Healthy Habits to Grow

- **Scripture Meditation** - Memorize a verse
- **Sharpen Another** - Lunch with a friend
- **Secret Place** - Pray on my knees
- **Sense of Awe** - List out blessings

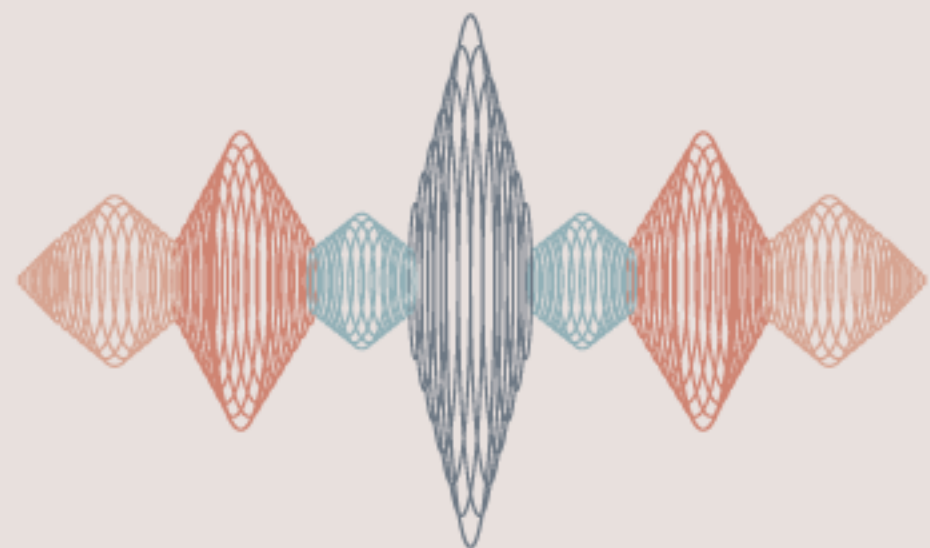


Rhythms

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GROW up

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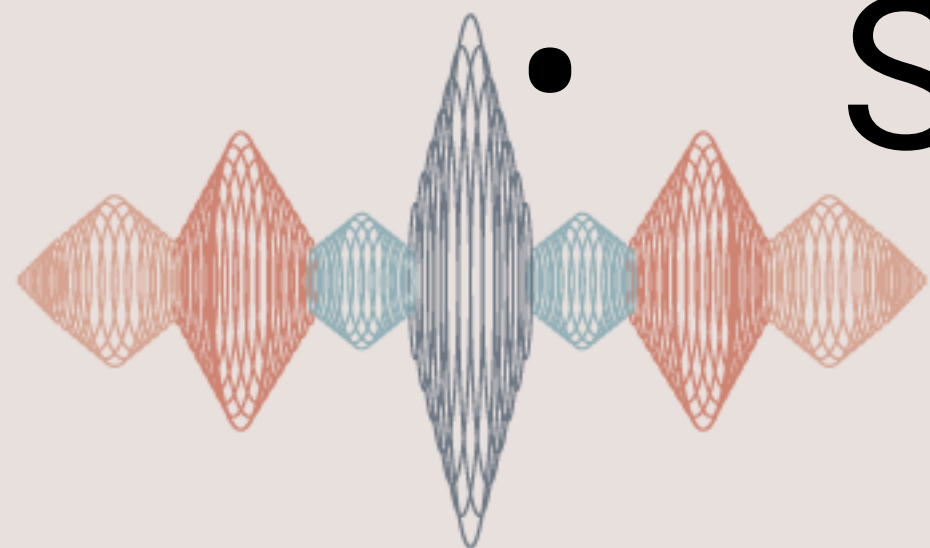
ACTS 2:42-43 NIV

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5 Healthy Habits to Grow

- **Scripture Meditation** - Memorize a verse
- **Sharpen Another** - Lunch with a friend
- **Secret Place** - Pray on my knees
- **Sense of Awe** - List out blessings
- **Speak Boldly**

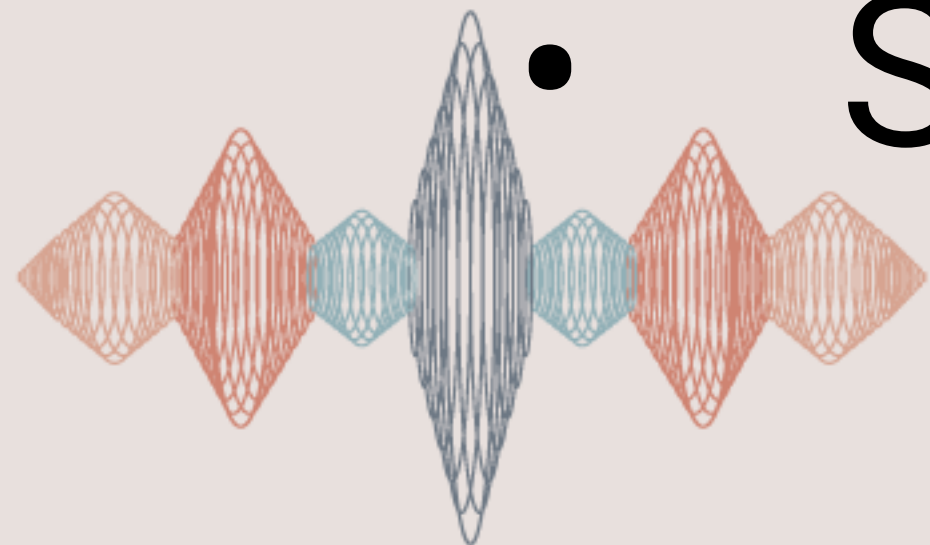


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5 Healthy Habits to Grow

- **Scripture Meditation** - Memorize a verse
- **Sharpen Another** - Lunch with a friend
- **Secret Place** - Pray on my knees
- **Sense of Awe** - List out blessings
- **Speak Boldly** - Pray for a stranger



Rhythms

GROW

¹⁵ Instead, we will speak the truth in love, growing in every way more and more like Christ, who is the head of his body, the church. ¹⁶ He makes the whole body fit together perfectly. As each part does its own special work, it helps the other parts grow, so that the whole body is healthy and growing and full of love.



EPHESIANS 4:15-16 NLT

Rhythms

GROW

¹⁵ Therefore, dear friends, since you have been forewarned, be on your guard so that you may not be carried away by the error of the lawless and fall from your secure position. ¹⁸ But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen.



2 PETER 3:17-18 NIV

Rhythms

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MATTHEW 11:28-30 NIV

