

Love<sup>♥</sup>CHURCH

# Spiritual Rhythms



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## A simple daily guide to help you walk closely with Jesus.

These rhythms aren't about religion or rules—they're about relationship. Spiritual rhythms (or habits) are simple, intentional ways we connect with God in our daily lives. They help us stay close to Jesus and live from the love we already have, not chase what we think we're missing. This guide is just a starting point—designed to help you spend about 30 minutes a day growing in your walk with God through prayer, Scripture, rest, worship, and community. As you grow, these rhythms can grow with you. Start with one, and let love lead the way.



# Spiritual Rhythms



## 1. Read the Bible Daily (5 – 10 minutes)

Pick one verse a day and journal using the **SOAP** model:

- **S**cripture – Write it out
- **O**bservation – What does it say?
- **A**pplication – What does it mean for you today?
- **P**ray – Talk to God about it

**Bonus Tip:** Don't feel pressured to have to read an entire chapter at once—just pick one verse that speaks to you.



## 2. Prayer (5 minutes + 1 minute each hour)

Start each day (for 5 minutes) with prayer using **this model**:

1. **Praise** – Thank God for who He is
2. **Repent** – Turn from what's in the way
3. **Ask** – Bring your needs to Him
4. **Yield** – Surrender and listen

**Bonus Tip:** Set a reminder to pray one minute every hour you're awake. Just one focused minute of prayer throughout the day can change everything.



## 3. Sabbath + Stillness (Stillness 5 minutes + Sabbath 1 Day)

- Take one day a week to rest, reset, and delight in God.
- Spend 5 minutes a day in silence with Jesus. No phone. No noise. Just stillness.

**"Be still and know that I am God."** – Psalm 46:10



## 4. Journal + Reflect (Journal 10 minutes)

- Write one page a day
- Track gratitude, prayer requests, and what God is showing you
- Revisit it weekly—you'll see how God is moving

What is God saying? What are you learning? What are you praying?



## 5. Community + Accountability

- Church is family. Don't do life alone.
- Join a Love Group. Serve. Encourage someone.
- Commit to making one new friend this month.

**Reminder:** Be all-in with your Love Church family. We grow best together.



## 6. Worship + Wonder (3 – 5 minutes)

- Worship God to start your day.
- Stop and play one worship song a day to focus your heart
- Use the Love Church Worship Playlist to connect with God wherever you are

Link: <https://open.spotify.com/playlist/2wNqTfSGejG5W1TVjd2fFd>



## 7. Fasting + Focus (1 meal or half a day per week)

Fasting is saying no to what your body wants so you can say yes to what your soul needs. You can start small—choose one day a week, or even half a day, to fast from food. Instead of feeding your body, feed your spirit through prayer, worship, and time with God.

**Bonus Tip:** When we pray, we often do the talking. When we fast, we create space to do the listening.

**Example:** Skip lunch and spend that time reading Scripture, praying through the P.R.A.Y. model, or just being still before God.



## 8. Give Generously (Weekly or Monthly)

Giving is a spiritual rhythm that builds your faith and makes you more like Jesus.

When you give your **money**, **time**, and **energy**, you declare that God is your provider—and you reflect His generous heart.

- Tithe regularly (start with 10%)
- Give to others in need—practice spontaneous generosity
- Serve with your time on a Love Team or in your community

**Bonus Tip:** Every time you give, say a short prayer like:

"God, I trust You more than money. I give because You first gave to me."

Verse to remember: "It is more blessed to give than to receive." – Acts 20:35



## Further Study:

- Celebration of Discipline by Richard Foster
- Holy Habits by Noah Herrin