

love[♥]CHURCH

Spiritual Rhythms



**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 Guide

It's Not About Performance. It's About Presence.

We live in a world that's busy, distracted, and tired. And if we're honest, most of us feel that way too. Even as followers of Jesus, it's easy to feel spiritually dry or disconnected—not because we've stopped believing in God, but because we've stopped spending intentional time with Him.

At **Love Church**, we believe spiritual rhythms—sometimes called spiritual disciplines—aren't religious duties or legalistic checklists. They're relational invitations. They're practical, grace-filled ways to stay rooted in God's love, hear His voice, and grow into the person He created you to be.

This is not about trying harder. This is about coming closer.

It's not about checking a box—it's about opening your heart.

Because if you're feeling spiritually dry, empty, or distant from God, you're not alone. And you're not broken. You might just be living without rhythms that keep you connected to the Source of life. Just like our bodies need food, water, and rest—our souls need time with God.

The goal of this isn't guilt—it's grace.

It's not to add pressure—it's to bring peace.

This is an invitation to slow down, to create space, and to come back to the One who restores your soul.

1. What Are Spiritual Rhythms?

Spiritual rhythms are the healthy habits we build into our daily lives as we walk with Jesus. They're not religious checklists—they're patterns of grace. Rhythms like prayer, reading Scripture, resting, or worshiping are ways we stay connected to God—not just once a week at church, but throughout our actual lives.

Think of it like this: we all have daily rhythms. We wake up, shower, get dressed, eat breakfast, go to work, scroll our phones, make dinner, brush our teeth, go to sleep. We live by rhythms without even realizing it.

Spiritual rhythms are similar—but they nourish your soul. Reading the Bible daily is like feeding your spirit. Prayer is like breathing in God's presence. Sabbath is like resting your soul. Without these things, we can survive for a while—but we'll slowly dry up on the inside.

**“Going without reading the Bible is like going without eating.
Going without prayer is like going without water.”**

These rhythms aren't just things we do—they're ways we live. They're how we become more like Jesus. As Richard Foster wrote in *Celebration of Discipline*, "The disciplines allow us to place ourselves before God so that He can transform us." They're not about earning anything from God—they're about creating space for God to move in us.

One of the most life-giving rhythms for me personally is time alone with God. Just me, my Bible, and no distractions. I've found that God speaks the loudest when everything else gets quiet. But I also believe every rhythm plays a part in spiritual growth. Together, they form a kind of "rule of life" that keeps us rooted and flourishing.

Sometimes people say, "I'm too busy for this." But the truth is, it's not about whether you have time—it's about what you value. We make time to scroll, snack, work out, answer texts, binge a show. If we really believe that time with God is life-giving, we'll treat it like it is.

Honestly, it's not "I'm too busy for this"—it's "I can't afford to miss this."

Just like you can't go long without food or water, you can't go long without the presence of God. Without spiritual rhythms, your soul starts running dry. Without time with God, you lose peace, clarity, identity, direction.

We don't build rhythms because we're super spiritual. We build rhythms because we're spiritually desperate.

Because we need Him. Daily.

This isn't about guilt—it's about grace. About learning to live in step with the Spirit in the everyday. Jesus isn't asking you to do more—He's inviting you to live more fully.

2. Why Rhythms Matter (and Legalism Doesn't)

Let's be real—when people hear the word discipline, most of us think of something heavy, rigid, or legalistic. We start asking:

"Do I have to do this every day?"

"What if I mess up?"

"Is God mad at me if I forget?"

The truth is, that's not what rhythms are about at all. Spiritual rhythms are not about performing for God. They're not hoops to jump through or formulas to fix your life. They're about abiding in God's love, day by day.

You don't read the Bible to impress God.

You don't pray to earn points.

You don't fast to prove anything.

You do those things because your soul is thirsty.

You do them because they shape you—slowly, deeply, daily—into the image of Jesus.

As Dallas Willard said, “Grace is not opposed to effort; it is opposed to earning.”

We’re not trying to earn God’s love—we already have it. Rhythms just help us live like it’s true.

They rewire our hearts to trust again.

They reorder our priorities to put God first again.

They form our identity—not overnight, but over time.

| **“Train yourself for godliness...”**

| **“Delight in the law of the Lord... like a tree planted by streams of water...”**

When you build rhythms into your life, you’re not adding pressure. You’re creating peace. You’re learning to move through life with God, not apart from Him.

And the more consistently you practice these rhythms—not perfectly, but consistently—the more naturally you begin to live from a place of joy, strength, and intimacy with God.

The Core Rhythms We Practice at Love Church

There are countless ways to connect with God—but at **Love Church**, we focus on a handful of core rhythms that we believe create a strong, sustainable foundation for your walk with Jesus. These aren’t rules to follow. They’re habits of the heart—ways to stay rooted, real, and refreshed in a world that pulls us in every direction.

We don’t expect perfection. We just want consistency.

Start where you are. Grow one step at a time. Let these rhythms become part of the way you live, not just something you “add on.”

1. Read the Bible Daily

God's Word is our anchor.

It's not just a book of rules—it's the voice of a loving Father, the story of redemption, the wisdom we need for today, and a place where the Holy Spirit still speaks.

When you open your Bible, you're not just learning about God—you're listening to Him. And when you build a rhythm of reading Scripture daily, you create space for God to speak into your real life.

At **Love Church**, we encourage everyone to start with at least one verse a day. Not as a limit, but as an on-ramp. You don't have to read five chapters to be faithful. Whether it's five minutes or fifty, the goal isn't volume—the goal is connection.

Here's how to keep it real and consistent:

- **Pick a time and place where you're most alert**
- **Use a Bible translation you understand (we often recommend ESV, NLT, or NIV)**
- **Don't rush—read slowly and prayerfully**
- **Ask: "God, what are You saying to me through this?"**

Reading the Bible is like eating for your soul. If you're not feeding your soul, you'll feel it. Just like your body needs daily nourishment, so does your spirit.

Learn to Engage Scripture: The SOAP Method

A simple but powerful way to read the Bible is called SOAP. It stands for:

- **S – Scripture**
Write out one verse (or a few) that stands out to you. Don't skip this part. Writing it down slows you down and helps the Word sink in.
- **O – Observation**
We're like detectives in the text. Who's speaking? Who are they talking to? What's the context of what they're saying? What's happening around this moment? Look for repetition, tone, and purpose. This helps you hear what God was saying then—and what He's still saying now. (**Pro tip:** a good study Bible can help explain the historical and cultural background to give you more clarity.)
- **A – Application**
What does this mean for your life today? How is God calling you to respond, grow, or obey? Be honest and specific. Let the Bible read you.
- **P – Prayer**
Talk to God about what you just read. Ask Him to help you apply it. Thank Him. Ask questions. Invite the Holy Spirit to continue speaking throughout your day.

This simple rhythm turns Bible reading from a task into a conversation.

| **Book Recommendation:**

Want to go deeper in understanding the Bible? We recommend:

- **“How to Read the Bible for All Its Worth” by Gordon Fee & Douglas Stuart**

It’s readable, practical, and a great companion as you grow in confidence with Scripture.

2. Prayer (Talk and Listen to God)

Prayer is the heartbeat of our relationship with God. It’s not about fancy words or long speeches—it’s about being with God. It’s a conversation. It’s connection. It’s coming honestly, consistently, and expectantly before your Father.

At **Love Church**, we believe that prayer is one of the most powerful ways to stay close to Jesus—not just during big moments, but in the ordinary ones too.

You can pray in your car. In the shower. At the gym. On a walk. In your bed.

You can whisper, cry, shout, journal, or sit silently.

Prayer isn’t about getting it perfect—it’s about showing up.

| **“Draw near to God, and He will draw near to you.”**

| **“Never stop praying.”**

Prayer is our first response, not our last resort.

Before we act, decide, or worry—we pray. We bring it to God. Not because He needs help understanding, but because we need help trusting.

| **Learning to Pray: The P.R.A.Y. Model**

If you’re wondering how to pray, this simple rhythm can help:

- **P – Praise**
Start by thanking God. Tell Him what you love about Him. Gratitude shifts your heart and reminds you of who God is.
- **R – Repent**
Be honest about where you’ve missed it. Confess sin. Bring your heart fully to God—He already knows and He loves you. Repentance isn’t shameful—it’s freeing.
- **A – Ask**
Bring your needs. Ask for help, healing, wisdom, strength. Ask for others too. God invites you to

bring your whole life to Him—nothing is too small or too big.

- **Y – Yield**

Surrender your day, your plans, your heart. Ask God to lead you. And pause to listen. Sometimes the most powerful part of prayer is silence.

This isn't a formula—it's a framework to help you slow down, reflect, and connect with God in a real, simple way.

| If Prayer Feels Hard...

You're not alone. Most of us feel distracted, awkward, or unsure at times. Don't let that stop you. The power isn't in your words—it's in God's presence.

Try this: start with one minute of prayer for every hour you're awake.

Set a gentle reminder on your phone, your watch, or just tie it to something you're already doing (like finishing a task or walking into a new space). One minute. That's it. But it adds up—and it reshapes your whole day around the presence of God.

You can even give each hour's prayer a theme:

- **Morning: "God, I give you this day."**
- **Mid-morning: "Give me wisdom."**
- **Noon: "Help me love people well."**
- **Afternoon: "Give me endurance."**
- **Evening: "Thank You for today."**
- **Bedtime: "Speak to me while I rest."**

Some days you'll feel it. Some days you won't. That's okay. Prayer isn't about a feeling—it's about faithfulness.

And over time, you'll find that prayer is less about getting something from God and more about becoming someone with God.

| Book Recommendation:

Want to grow in prayer? We recommend:

- **"Prayer" by Timothy Keller**

It's honest, wise, and one of the most helpful books out there on understanding and actually practicing prayer.

3. Sabbath & Stillness (Stop and Be With God)

We live in a world that never stops.

Constant noise. Notifications. Deadlines. Pressure. We run from one thing to the next—and even when we're sitting still, our minds are racing.

And yet, God invites us into something radically different: rest. Not laziness. Not checking out. But deep, soul-level rest in Him.

At **Love Church**, we believe that Sabbath and stillness aren't old religious rules—they're grace-filled gifts from a God who cares more about who you're becoming than what you're producing. "Be still, and know that I am God."

"Then Jesus said, 'Come to Me, all who are weary and carry heavy burdens, and I will give you rest.'"

What is Sabbath?

The word Sabbath comes from the Hebrew word shabbat, which means to stop.

Stop working. Stop striving. Stop scrolling. Stop trying to earn love.

It's a 24-hour period—usually once a week—where you pause your normal rhythms to rest, delight, worship, and reconnect with God and the people you love.

Sabbath isn't just about taking a nap (though naps are great). It's about learning to live like you're not God—you can stop because He's still working.

You don't Sabbath to earn something. You Sabbath because Jesus already finished the work on your behalf. It's a declaration that your identity is not in how much you get done—but in being a child of God.

What is Stillness?

Stillness is what happens when we quiet the noise—externally and internally—to actually hear God's voice.

It might look like:

- **A quiet walk without your phone**
- **Sitting silently with God for five minutes**
- **Turning off the music on your drive home**

- Taking a few deep breaths and saying: “God, I’m here.”

Stillness is like a spiritual reset button. It grounds us in God’s presence and reminds us that we’re not in control—but we’re deeply loved by the One who is.

Practical Sabbath Ideas:

- Pick a day or a block of time that works for your life rhythm (don’t overcomplicate it)
- Turn off email and unnecessary tech
- Do something that fills your soul (walks, worship, time with family, naps, journaling, nature, cooking)
- Avoid work, hustle, or anything that drains you
- Set a simple intention like: “Today I will rest and enjoy God.”

Build Stillness Into Your Week:

- Try 3–5 minutes of silence each morning before checking your phone
- Schedule an hour of solitude once a week
- Create a “quiet start” to your Sabbath day (no TV, no phone, just stillness + coffee + God)

Sabbath and stillness are rhythms of resistance in a culture of noise and burnout.

They’re not a step back—they’re a way forward into peace, clarity, and deeper intimacy with God.

If you want to go deeper in learning how to slow down and embrace Sabbath and stillness, we recommend:

- “The Ruthless Elimination of Hurry” by John Mark Comer

It’s honest, practical, and deeply freeing. A great read for anyone feeling overwhelmed or spiritually dry.

4. Journal & Reflect (Write It Down, Don't Rush Past It)

Sometimes God speaks—we just don't slow down long enough to hear it.

That's why journaling and reflection are such powerful spiritual rhythms. They give us space to pause, process, and pay attention to what God is doing in and around us.

At **Love Church**, we encourage journaling not as a performance—but as a practice of presence. It helps us notice patterns, see answered prayers, and grow in self-awareness as we follow Jesus.

| **"Let all that you do be done in love." – 1 Corinthians 16:14**

| **"I will remember the deeds of the Lord." – Psalm 77:11**

| **Why Journal?**

- To slow down and reflect on your walk with God
- To remember what God has done (answered prayers, breakthrough moments)
- To process your emotions, questions, or struggles
- To grow in clarity about what God might be speaking
- To track spiritual growth over time

You don't need to be a writer. You just need to be real. Write like you're talking to God—or to your future self. Write like no one else will ever read it.

| **How to Journal Practically:**

Try this simple reflection flow a few times a week—or even daily:

1. **What am I grateful for today?**

Start with gratitude. It opens your heart and helps you see clearly.

2. **What is God teaching me?**

Based on what you've read in Scripture or what you're walking through.

3. **Where am I struggling or feeling stuck?**

Don't hide. Be honest. God already knows—and He wants to meet you there.

4. **What do I want to remember?**

This could be a verse, a moment, a prayer, or a breakthrough you don't want to forget.

Prompts to Use When You're Stuck:

- "God, I feel today."
- "The verse that stuck out to me was ."
- "What I'm praying about right now is ."
- "Something I need to surrender is ."
- "I want to grow in ."

You don't need to fill pages. Just start writing. A few sentences today might become a lifeline tomorrow.

Book Recommendation:

Want help building a journaling rhythm?

- **"The Emotionally Healthy Spirituality Day-by-Day Journal" by Pete Scazzero**

This is a great tool for slowing down and listening to God each day.

5. Community & Accountability (Walk Together, Grow Together)

You weren't meant to do life—or faith—alone.

From the very beginning, God said, "It's not good for man to be alone." We were created for community. Not just friendships, but spiritual family—people who love you, speak truth to you, pray for you, and walk with you through every season.

At **Love Church**, we believe following Jesus isn't a solo journey. **We grow best when we grow together.**

• "As iron sharpens iron, so one person sharpens another." – Proverbs 27:17

• "Carry one another's burdens, and in this way you will fulfill the law of Christ."
– Galatians 6:2

• "Confess your sins to one another... that you may be healed." – James 5:16

| What Is Biblical Community?

In Acts 2, we get a powerful picture of the first church and what real community looked like:

“They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer... All the believers were together and had everything in common... They broke bread in their homes and ate together with glad and sincere hearts... And the Lord added to their number daily those who were being saved.”

Biblical community is about devotion—to God and to one another.

It’s not just about showing up on Sundays. It’s about doing life together—with prayer, vulnerability, shared meals, generosity, joy, and truth.

At **Love Church**, we say it this way:

We’re not a crowd. We’re a family.

| Community Is Not Optional

Let’s be honest: it’s easy to treat church like a podcast or a playlist—something we consume when it’s convenient.

But God never intended His Church to be a content hub.

He designed it to be a body. A family. A Bride.

“Christ loved the church and gave Himself up for her...” – Ephesians 5:25

“Now you are the body of Christ, and each one of you is a part of it.” – 1 Corinthians 12:27

When we say yes to Jesus, we’re also saying yes to His people.

Church community is not optional in the life of a believer—not because of guilt, but because of love.

This is the Bride of Christ. This is His family.

And being part of it is for our good, our growth, and our purpose in the world.

You don’t go to church to earn anything—you go to become someone: more loving, more whole, more like Jesus.

At **Love Church**, we say:

“We don’t just attend church—we are the church.”

And the Church is always better when you’re in it.

What Does This Look Like Today?

- Being deeply known. Not just showing up, but sharing your life.
- Having people who pray for you and with you.
- Doing life in a Love Group or serve team.
- Celebrating wins and carrying burdens together.
- Pursuing Jesus shoulder-to-shoulder.

Spiritual community doesn't mean everyone's perfect—it means you don't have to pretend to be.

What Is Accountability?

Accountability is simply inviting someone into your growth.

It's saying, "Help me follow Jesus better. Ask me the hard questions. Remind me who I am when I forget."

We all have blind spots. We all need encouragement. We all need truth in love.

Accountability works best when it's built on:

- **Trust – You know they're for you**
- **Consistency – You connect regularly**
- **Grace and truth – Not shame, but real honesty**

It might look like:

- **A text that says, "How's your heart today?"**
- **A check-in over coffee about that area you're trying to grow in**
- **Someone calling out the gold in you—when you can't see it yourself**

Ways to Build This Rhythm:

- **Join a Love Group or serve on a team**
- **Set up a weekly or bi-weekly check-in with a friend or mentor**
- **Share prayer requests regularly**
- **Open up about your struggles—freedom starts with honesty**
- **Don't wait for community to find you—go be that kind of friend to someone else**

You were never meant to grow alone.

Jesus calls us to Himself—and to each other. When you walk with the right people, you'll go further, grow deeper, and experience more joy than you ever could alone.

| **Book Recommendation:**

- **"Life Together" by Dietrich Bonhoeffer**

A short but powerful book on what it means to live in Christ-centered community, written by a pastor who led underground churches during WWII. It's honest, raw, and deeply spiritual

6. Worship & Wonder (Live in Awe of God)

Worship isn't just what we do on Sundays—it's how we live every day.

Worship is more than music. It's not just lifting your hands in a song or singing the lyrics on a screen. Worship is our heart's response to who God is. It's how we live in awe of His presence, beauty, power, and love.

| **"Worship the Lord in the splendor of His holiness; tremble before Him, all the earth."
– Psalm 96:9**

| **"Therefore, I urge you... to offer your bodies as a living sacrifice, holy and pleasing to God
—this is your true and proper worship." – Romans 12:1**

At **Love Church**, we believe worship is both a moment and a lifestyle.

You were created to worship. We all give our attention, time, and affection to something. **Worship is about giving that first and best to God.**

| **Worship Through Music**

There's something powerful about singing together.

Worship through music softens our hearts, lifts our eyes, and helps us express what words alone can't.

It reminds us who God is—and who we are because of Him. Whether you can sing on key or not doesn't matter. Worship isn't about performance. It's about presence.

If you've never experienced musical worship before, don't worry about doing it "right." Just show up with an open heart.

Let the lyrics wash over you. Let the Holy Spirit meet you in that space.

Want a place to start?

We've created the [Love Church Worship Playlist](#) filled with songs that lift up the name of Jesus and help you encounter God throughout your week.

Try playing it on your commute, during your quiet time, or while getting ready in the morning—fill your environment with praise.

| **Worship Is What We Were Made For**

Worship isn't just something we do here on earth—it's something we'll do for eternity.

| **"Day and night they never stop saying: 'Holy, holy, holy is the Lord God Almighty.'"
– Revelation 4:8**

Heaven is full of worship.

And if worship feels boring or optional to us now, maybe we haven't truly encountered the beauty of God's presence yet.

Worship is a taste of heaven.

It's not a task—it's a joy. And when we worship now, we're joining in the eternal song that's already happening around the throne of God.

If you don't love worship yet, that's okay. Ask God to open your heart.

Because what we love reveals what we long for. And what we long for shapes who we become.

| **Worship Through Wonder**

Worship happens in the quiet too.

In the stillness of the morning.

On a walk through nature.

While watching the sun rise over San Diego.

God reveals Himself in the beauty of creation, in the intricacy of design, in the whispers of His Spirit.

Worship through wonder is about noticing God—pausing long enough to say, "God, You're here, and I'm listening."

“The heavens declare the glory of God; the skies proclaim the work of His hands.”
– Psalm 19:1

Let your heart slow down long enough to be amazed. Awe leads to worship.

Worship in All of Life

True worship isn't just a moment—it's a mindset.

When we love our neighbor, forgive someone, give generously, serve faithfully, or show up with integrity—we're worshiping.

Worship is anything that says, “God, I trust You. God, I love You. God, I honor You.”

At **Love Church**, we don't just worship on Sundays.

We want to live every day with **a spirit of worship and a heart full of wonder**.

Book Recommendation

- “The Air I Breathe: Worship as a Way of Life” by Louie Giglio

A short, powerful read on how worship is not just a church thing—it's a life thing. Perfect for anyone who's new to worship or wants to grow in their understanding of it.

7. Fasting & Focus (Say No to Say Yes)

Fasting is one of the most overlooked—and most powerful—spiritual rhythms in the life of a believer.

It's not about punishing yourself or earning God's love. It's about making space. Saying no to something so you can say yes to God in a deeper way.

| **“When you fast...” – Matthew 6:16**

Jesus didn't say “if” or “when.”

In a distracted, noisy, overfed world, fasting helps us break free from the grip of comfort, consumption, and constant stimulation.

It recenters us on the voice of God and the presence of Jesus.

| **What Is Fasting?**

Fasting is voluntarily giving up food (or something else meaningful) for a set time to seek God.

Throughout Scripture, people fasted to seek clarity, breakthrough, repentance, healing, and intimacy with God. It's a way to bring our body and spirit into alignment—to say, “God, I need You more than I need this.”

At **Love Church**, we often fast as a community at the beginning of the year or during specific seasons of seeking.

You can fast from:

- **A meal**
- **A whole day of food**
- **Sugar, caffeine, alcohol, or other comforts**
- **Social media, streaming, or distractions**

What matters most isn't what you fast from—it's **what you fast for**.

| **Fasting Brings Focus**

Fasting without prayer is just a diet.

The goal isn't to be hungry. The goal is to be **hungry for God**.

When you fast, replace what you're giving up with prayer, worship, Scripture, and stillness. You'll be amazed at how spiritually sensitive you become—how clearly you can hear God's voice when you turn down the noise.

“Man shall not live by bread alone, but by every word that comes from the mouth of God.”
– Matthew 4:4

Fasting teaches us to depend on God, not just our routines. It humbles us. It sharpens us. It fills us.

Tips to Start Fasting

- **Start small** – Try skipping one meal or fasting for a few hours during the day.
- **Set your intention** – Write down what you're praying for and what you're seeking.
- **Replace don't just remove** – Use the time you'd normally eat, scroll, or snack to connect with God.
- **Expect resistance** – Your body and emotions might push back. That's normal. Keep going.
- **End with gratitude** – Break your fast with worship, gratitude, and renewed focus.

Why We Fast at Love Church

We fast because Jesus did. We fast because we want more of God.

We fast because we live in a world that numbs our souls—and we want to be awake to heaven.

Fasting creates space for breakthrough. For clarity. For humility.

It's not a religious requirement—it's a **relational realignment**.

And if you've never fasted before, you don't need to start with perfection. Just start.

Book Recommendation

- **“Fasting” by Jentezen Franklin**

This is a powerful and practical guide to understanding the why and how of biblical fasting. It's especially helpful if you've never fasted before or want to grow in the discipline with faith and focus.

8. Giving Generously (Live Open-Handed)

Generosity isn't something God wants from you—it's something He wants for you.

At **Love Church**, we believe giving is a spiritual rhythm that reflects the heart of God.

We give not out of pressure, guilt, or religious obligation—but as a response to grace. We give because **God gave first**.

| **“For God so loved the world that He gave...” – John 3:16**

Everything we have is a gift from Him—our time, our energy, our resources. And when we give, we're saying, “God, I trust You with it all.”

| **The Heart Behind Generosity**

Generosity is about the posture of your heart, not just the size of your gift.

| **“Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.” – 2 Corinthians 9:7**

It's not about paying God back. It's about partnering with Him.

When we give generously, we:

- **Break greed and selfishness**
- **Trust God as our provider**
- **Fuel the mission of the Church**
- **Make room for miracles**
- **Reflect the character of Jesus**

| **What About Tithing?**

Tithing (giving the first 10% of our income) is a biblical principle found throughout Scripture.

| **“Bring the whole tithe into the storehouse... Test me in this,” says the Lord, “and see if I will not throw open the floodgates of heaven...” – Malachi 3:10**

Some ask, “Is tithing still required in the New Testament?”

While the New Testament emphasizes generosity over legalism, it doesn't cancel the principle of tithing—it deepens it.

Jesus affirmed the tithe (Matthew 23:23), but He pointed people toward a heart of worship, not a checklist.

So at **Love Church**, we see tithing as a starting point, not a finish line.

It's a rhythm of priority and trust, a way of saying, "God, You're first in every part of my life—including my finances."

| **Ways to Give Generously**

Giving generously isn't just about money. It's about living open-handed in every area of life.

- **Time** – Serve others, show up for people, give your presence.
- **Talent** – Use your gifts to build the Church and bless others.
- **Treasure** – Invest in eternity through tithing and offerings.
- **Touch** – Be generous with your kindness, encouragement, and care.

When you give, people meet Jesus. Needs get met. Lives get changed.

| **Practical Tips for Growing in Generosity**

- **Start where you are** – Whether it's 10% or \$10, begin somewhere.
- **Give first, not last** – Make giving a first priority, not leftover math.
- **Automate it** – Consider recurring giving as a practical spiritual rhythm.
- **Pray about it** – Ask God to stretch and grow your heart in generosity.
- **Celebrate it** – Giving is joyful! You get to be part of what God is doing.

| **Why We Give at Love Church**

We don't give because we have to; We give because we get to.

We want to be a church marked by irrational generosity—one that blesses our city, lifts up the name of Jesus, and shows the world what the love of God looks like.

Let's be a people who live with open hands, open hearts, and open lives.

| **Book Recommendation**

- **“The Blessed Life” by Robert Morris**

A powerful, Scripture-filled book on the joy of giving, trusting God with your finances, and living a life of supernatural generosity.

What Do I Do Now?

You don’t need to do everything at once. You just need to start somewhere.

The goal of spiritual rhythms isn’t to become a spiritual superhero. It’s to become someone who stays close to Jesus.

You might feel overwhelmed by all these practices, or maybe even guilty that you haven’t done more. But guilt isn’t from God.

| So here’s the invitation:

1. **Pick one rhythm.**
2. **Put it into practice this week.**
3. **Stick with it long enough to let it shape your heart.**

Maybe you set aside 5 minutes a day to read the Bible and journal.

Maybe you choose one meal to fast and pray.

Maybe you take a walk without your phone and just talk to God.

Maybe you show up to church and finally let yourself be known.

Whatever it is—**start small, stay consistent, and trust that God will meet you there.**

| **“Come near to God, and He will come near to you.” – James 4:8**

A Few Simple Tools to Help

- Start with the [Love Church Worship Playlist](#) during your quiet time.
- Use the SOAP method for Bible reading.
- Set a reminder for a one-minute prayer every hour.
- Pick one day for Sabbath rest—even if it's just an afternoon.
- Talk to someone—you don't have to grow alone.

Final Word.

You were made for this.

Not performance. Not pressure. But **presence**.

God isn't grading your disciplines—He's inviting you deeper into relationship.

Spiritual rhythms aren't about checking boxes.

They're about becoming someone who walks with God through every season of life.

And guess what? He's already with you.

Let's walk with Him.