

DAILY BIBLE JOURNAL | Monday April 27 – Friday May 1

This week we're taking stock of our current rhythms and prayerfully committing new ones to God. We hope that these guided questions and reflections help you to implement rhythms in your life that are helpful for following Jesus, and that they don't lead to feelings of inadequacy of that you simply need to 'do more'.

Take the time to remember these are simple means by which you can adopt the lifestyle of Jesus into our own lives, and ways he's graciously leading each us into a deeper relationship with him. If our habits form us more than we form them, it's important to consider the habits that we allow to make up our every days lives. Over the next 5 days there is a chance to be really practical, specific and intentional about cultivating rhythms that work for YOU.

We're praying it's a helpful week of reflecting on your daily and weekly habits and that it leads to loving Jesus more. The rhythms discussed this week are foundational to continuing to following Jesus, and we hope this allows you time and space to reflect well. Next week we'll be diving into the book of 1 Peter, and spending the next 8 weeks journeying through the letter in our Daily Bible Journal.

Monday April 27

1. What regular rhythms can you identify in the life of Jesus?
Take a moment to skim through Luke's gospel and note where they are.
2. What is it about the rhythms of Jesus' lifestyle that feels the most foreign to your life?
3. What is the most significant rhythm of the Christian life you'd like to become more regular with?

Give thanks for the example of Jesus. Ask that God would grow you in your likeness of Jesus, and help you with the rhythm you identified above.

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Tuesday April 28

1. What helps you to remember and apply the passage when reading the Bible? If you're not sure, what can you try to help you?

2. Take time to reflect on when, where, and how you read the Bible. Is there anything you need to change about your rhythm to help you be more regular?

Read Psalm 119:137-144

3. Reflect on the final line: 'give me understanding that I may live'. How does this highlight the importance of reading Scripture?

Let a friend know your plan for reading the Bible if you haven't already. Spend time committing this to God.

Wednesday April 29

Here is a list of practical tips mentioned today on the podcast, or during our 'prayer' week:

- Plan to Pray
- Practically focus on prayer
- Get a prayer partner
- Have a system
- Use a model, like ACTS (adoration, confession, thanksgiving, supplication)
- Pray the Scriptures
- Pray until you pray

Which of the practical tips above could help your rhythms of prayer? Don't feel pressure to implement them all, as prayer is very personal. Consider one or two that might aid your prayer life, and then spend time in prayer and implementing these things.

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Thursday April 30

Read Matthew 11:28-30

1. What would coming to Jesus and taking his yoke upon you look like in your life?
2. When can you identify time in your life to rest, and how can you guard this time?
3. Commit to a 'sabbath' time, no matter how long or short it is, for the next 4 weeks. Review it after that time period and make any adjustments if needed

Pray that you would find true rest for your souls in your time of rest.

Ask that God would help you to protect this time.

Friday May 1

1. What are you missing most in this current season about meeting together in person?
2. How can you balance meeting with those who need community in some way, and also meeting with those who can love and support you?
3. Spend time writing down a plan for how you'll maintain helpful rhythms in your life of meeting together with God's people, or reflecting on one you already have.