

Transformation isn't just about moments of breakthrough, it's about the daily rhythms that shape us. Like the early Church in Acts, we're invited to live filled with the Spirit and devoted to teaching, fellowship, and praise. Christianity is a journey, a way of life modeled by Jesus. Join us as we explore building rhythms of grace to live like Him every day.

PRAY ABOUT IT

- **Morning:** *God, help me embrace daily rhythms that draw me closer to You. (Read Psalm 63:1-8; Psalm 143:7-10)*
- **Afternoon:** *Lord, fill me with Your Spirit and guide my steps in faithful fellowship and praise today. (Read Psalm 119:129-136)*
- **Evening:** *Father, thank You for Your steady presence. Renew my heart as I rest and prepare to follow. (Read Psalm 135:14-21)*

WRITE ABOUT IT

In what ways might I be resisting the daily, sometimes ordinary rhythms God uses to transform me into the image of Jesus?

SHARE ABOUT IT

- How have you experienced transformation — through moments of breakthrough or through steady rhythms — in your spiritual life? _____

- What daily rhythms or spiritual practices currently help you follow Jesus more closely?

- Why do you think the early Church devoted themselves to teaching, fellowship, and praise? How can we learn from that? _____

- What rhythms of grace do you want to build or strengthen in your own life? _____

SHARE ABOUT IT

- What challenges do you face in maintaining consistent spiritual rhythms in a busy culture?

- How does embracing both supernatural moments and everyday rhythms deepen your faith journey? _____

- In what ways does living like Jesus every day shape your identity and purpose? _____

DO SOMETHING ABOUT IT

Hold onto the truths that God exists, cares and helps. The best way to experience them is by setting aside time for Spirit Move Night in worship.

ADDITIONAL RESOURCES

- Rooted
- *Practicing the Way* by John Mark Comer
- *The Great Omission* by Dallas Willard