



Faith Rings –

One small step with God is enough for today.

The Faith Rings is a simple way to walk with God daily **without pressure or perfection.**

It's not about doing more.
It's about staying connected.

Each ring represents a different way faith stays alive in everyday life:

- **MOVE** – intentional connection with God.
- **STAND** – awareness of God during real life.
- **ACT** – faith expressed through love and obedience.

Each day, aim to close **one ring in each category.**

If you miss a day, **you don't fail, you reset.**

God is not asking for consistency.
He's inviting you into relationship.

Why the Rings?

Just like physical health requires movement, awareness, and strength,
spiritual life grows when we:

- **Move toward God.**
- **Remain aware of God.**
- **Live out faith in action.**

Small steps matter.
Ordinary faithfulness counts.

You don't impress God; you walk with Him.

30 Days of Faith Rings

These aren't spiritual resolutions. You don't fail; you **reset.**
They're daily rhythms of abiding. You don't impress God; you **walk with Him.**



CONNECT — Connect with God (*Intentional time with Him*)

Choose **one**:

- 5 minutes of Scripture + prayer
- Gratitude (3 specific thanks) + 2 minutes of silence
- One honest journal entry or verse memorization

NOTICE — Notice God (*Awareness throughout the day*)

Choose **one**:

- Pause prayer: “*Jesus, I’m with You.*”
- Notice beauty or help and thank God
- Ask: “*Where did I notice God today?*”

ACT — Live Your Faith (*Love put into action*)

Choose **one**:

- Encourage or pray for someone
- Take one small step of obedience
- Serve or give intentionally

A Simple Rule

You don’t need to do everything.
You don’t need to do it perfectly.

Any one practice closes the ring.

Faith grows through presence, not pressure.

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Name: _____

Week of: _____

MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
WEDNESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
THURSDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRIDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SATURDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SUNDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Weekly Reflection (2 minutes)

- Which ring felt most alive this week?
- Which ring needs more attention next week?

Closing Prayer:

God, help me walk with You, not perform for You.
Teach me to notice You, trust You, and love like You tomorrow.

Reminder:

This is not about doing more.
It's about staying connected.
God meets you in small faithfulness.

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Week of: _____

MONDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TUESDAY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week of: _____

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TUESDAY ☐ ☐ ☐ ☐ ☐ ☐

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THURSDAY ☐ ☐ ☐ ☐ ☐ ☐

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Faith Rings (More Options)



CONNECT RING – Connect with God – *Gets you spiritually moving.*

1. Read **5–10 verses of Scripture** (Psalm, Gospel, or Epistle).
2. Pray the **Lord's Prayer** slowly and intentionally.
3. Thank God for **three specific blessings** from the day.
4. Read **one Proverb** (or a short wisdom passage).
5. Listen to **2–5 minutes of Scripture audio**.
6. Pray **out loud for at least 2 minutes**.
7. Work on **memorizing one verse** (a few words per day).
8. Write **one sentence prayer** in a journal.
9. Ask God **one honest question** in prayer.
10. Read a **short devotional paragraph** or daily liturgy.



NOTICE RING – Notice God - *Keeps you from being spiritually still.*

1. Pause once during the day to pray: **“Jesus, I’m with You.”**
2. Start the day with a **30-second prayer of surrender**.
3. Take **2 minutes of silence**—no phone, no music.
4. Practice a **breath prayer** during stress.
5. Ask at midday: *“Where have I noticed God today?”*
6. Pray before meals, **even when alone**.
7. Set a reminder to **stop and give thanks once** during the day.
8. Invite God into a routine moment (driving, dishes, walking).
9. Notice one moment of beauty and **thank God for it**.
10. End the day with a **simple review**. (Where did Notice God? Where did I resist God?).



ACT RING – Live your Faith – *Strengthens spiritual muscles*

1. Encourage **one person** with words or a message.
2. Pray for **one person by name**.
3. Confess **one sin, fear, or weakness** honestly to God.
4. Choose **one act of obedience** you’ve been avoiding.
5. Perform **one small act of service** (seen or unseen).
6. Practice **intentional generosity** in a small way.
7. Forgive someone **internally**, even if reconciliation comes later.
8. Speak truth with **kindness and courage** in one conversation.
9. Pray for someone **outside your church or faith**.
10. Reflect briefly: *How did my faith show up in action today?*

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