

RHYTHMS

PRACTICING THE WAY OF JESUS



The background features a smooth gradient from a vibrant red-orange on the left to a lighter, more muted orange on the right. Overlaid on this are several sets of thin, dark grey wavy lines that create a sense of movement and depth, particularly in the corners.

*How is your **COMMUNION** with Jesus?*

The background is a solid orange color. In the top-left and bottom-right corners, there are decorative elements consisting of multiple thin, dark grey lines that curve and overlap to form a wavy, organic pattern.

*How is your **COMMUNION** with Jesus?*

**65% of GPC responders:
EMERGING or THRIVING**

INWARD

Communion

Bible Intake
Bible Memorization
Empowered Prayer

OUTWARD



INWARD

Communion

Bible Intake
Bible Memorization
Empowered Prayer

Serenity

OUTWARD



INWARD

Communion

Bible Intake
Bible Memorization
Empowered Prayer

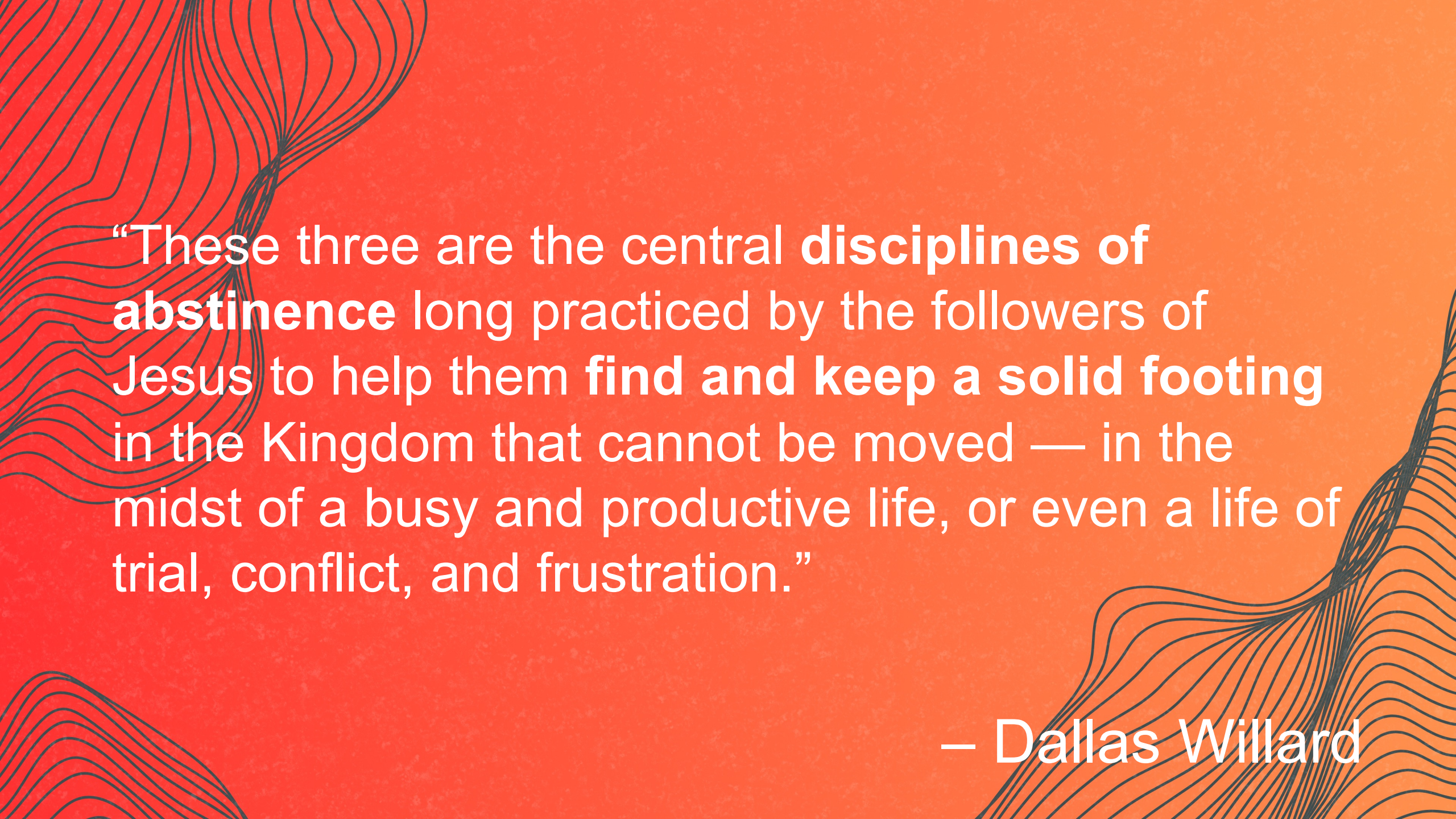
Serenity

Solitude/Silence
Sabbath
Fasting

OUTWARD

LIFE PRINCIPLE

Any serenity that does not flow out of communion with Jesus is an **artificial serenity**.

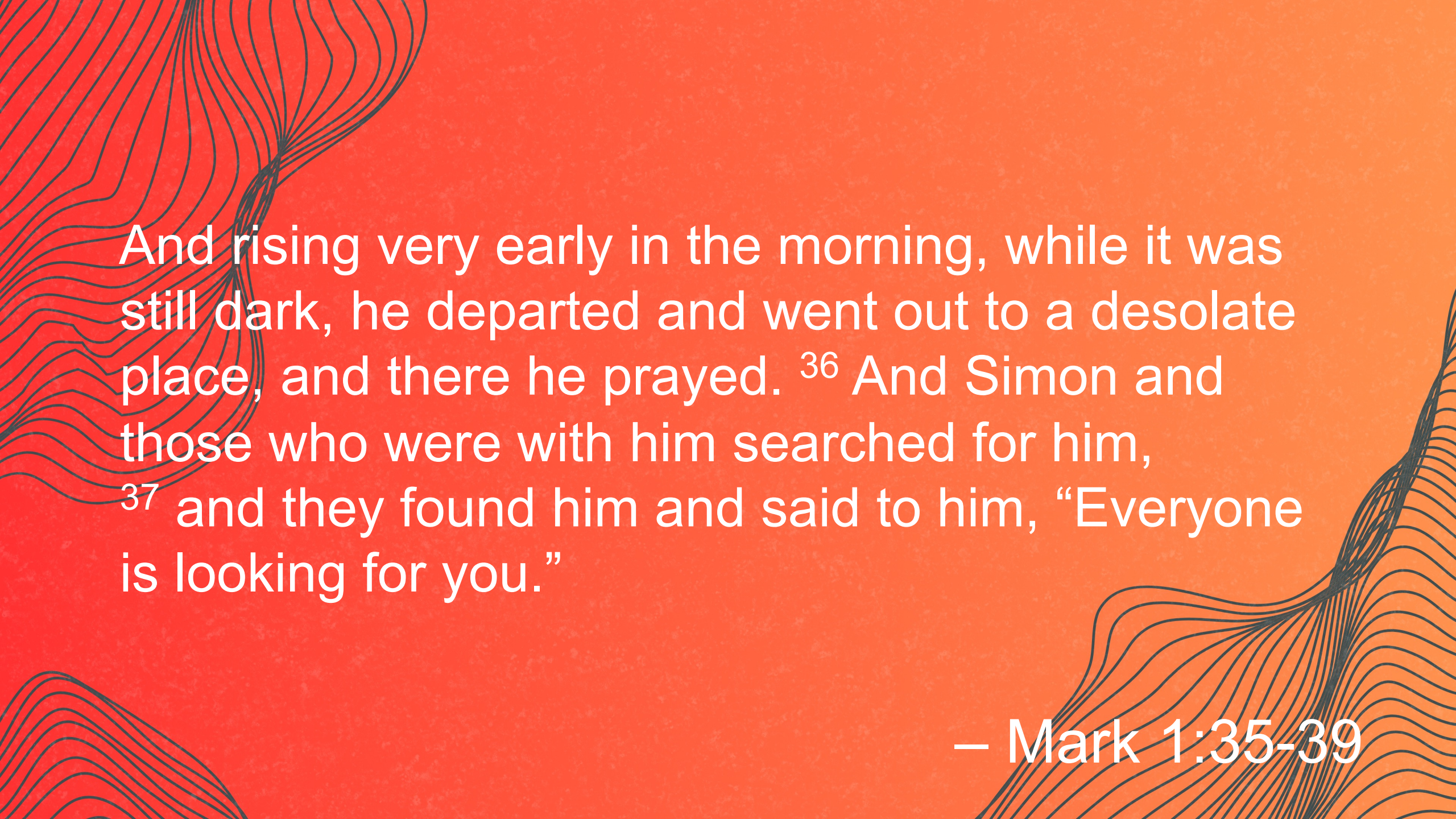
The image features a solid orange background with decorative wavy lines in the corners. The lines are thin and black, creating a sense of movement and depth. The main text is centered and written in a clean, white, sans-serif font. The text is a quote by Dallas Willard, discussing the disciplines of abstinence and finding a solid footing in the Kingdom of God.

“These three are the central **disciplines of abstinence** long practiced by the followers of Jesus to help them **find and keep a solid footing** in the Kingdom that cannot be moved — in the midst of a busy and productive life, or even a life of trial, conflict, and frustration.”

– Dallas Willard

The background is a solid orange color with a subtle, fine-grained texture. In the top-left and bottom-right corners, there are decorative elements consisting of multiple thin, dark grey lines that flow and curve together, creating a sense of movement and depth. These lines are more densely packed in some areas, creating a layered effect.

Mark 1:35-39



And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed. ³⁶ And Simon and those who were with him searched for him, ³⁷ and they found him and said to him, “Everyone is looking for you.”

– Mark 1:35-39

³⁸ And he said to them, “Let us go on to the next towns, that I may preach there also, for that is why I came out.” ³⁹ And he went throughout all Galilee, preaching in their synagogues and casting out demons.

– Mark 1:35-39

Give God...

*The **first** day of every week;
The **first** moments of every day;
The **first** dime of every dollar;
The **first** consideration in every decision.*



Three STOPS before you START

**1) Stop the NOISE:
*Silence/Solitude***

The background features a gradient from a vibrant red on the left to a warm orange on the right. Overlaid on this are several sets of thin, dark grey, wavy lines that resemble topographical contours or sound waves, primarily located in the corners and along the sides.

“All of man’s problems stem from his inability to sit quietly in a room alone.”

– Blaise Pascal



SILENT WALKING
THE NEW WELLNESS TREND
TAKING THE WORLD BY STORM



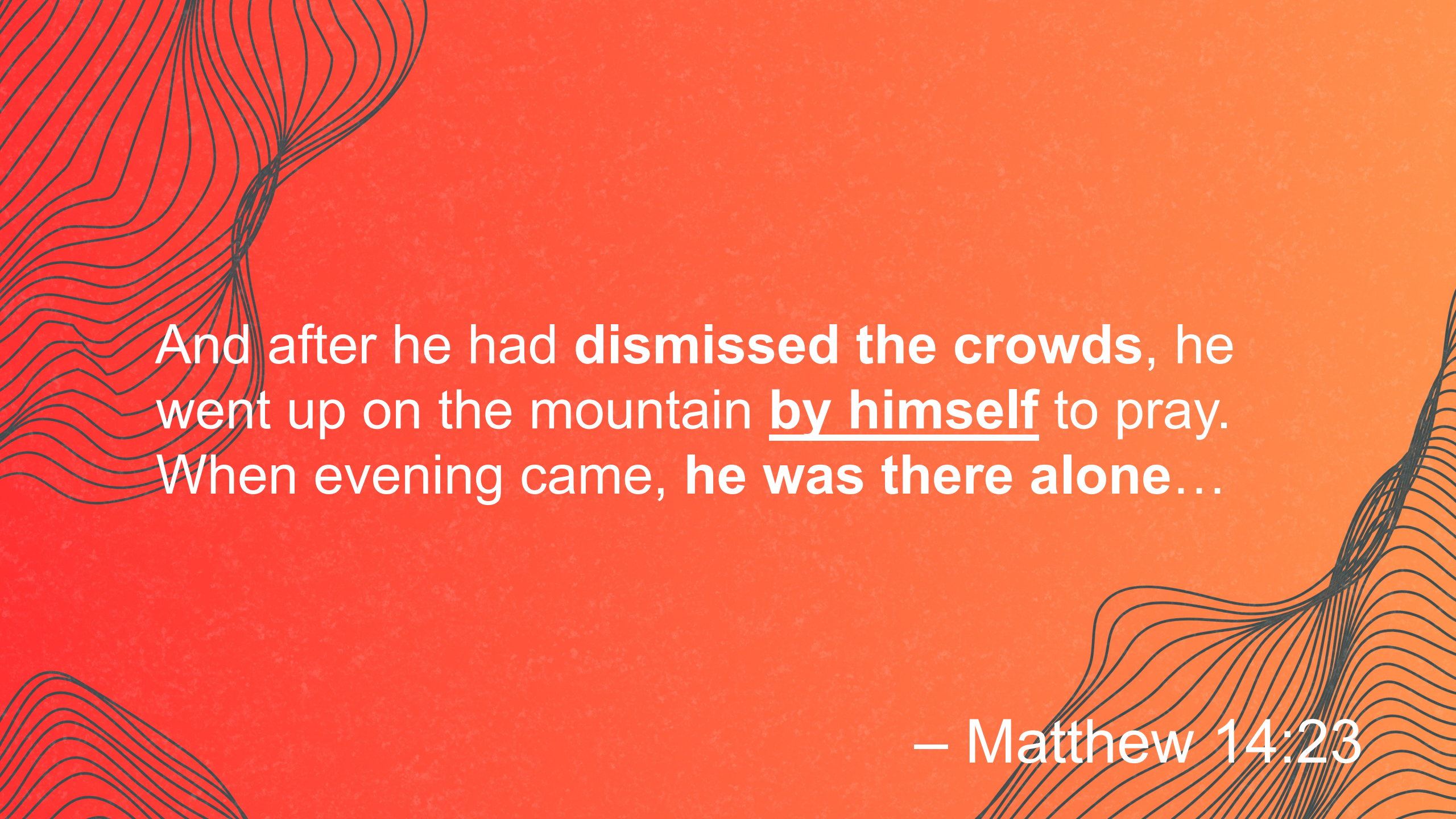
Health benefits of “Silent Walking”

- 1) Reduces stress
- 2) Clarifies your thoughts
- 3) Increases your gratefulness

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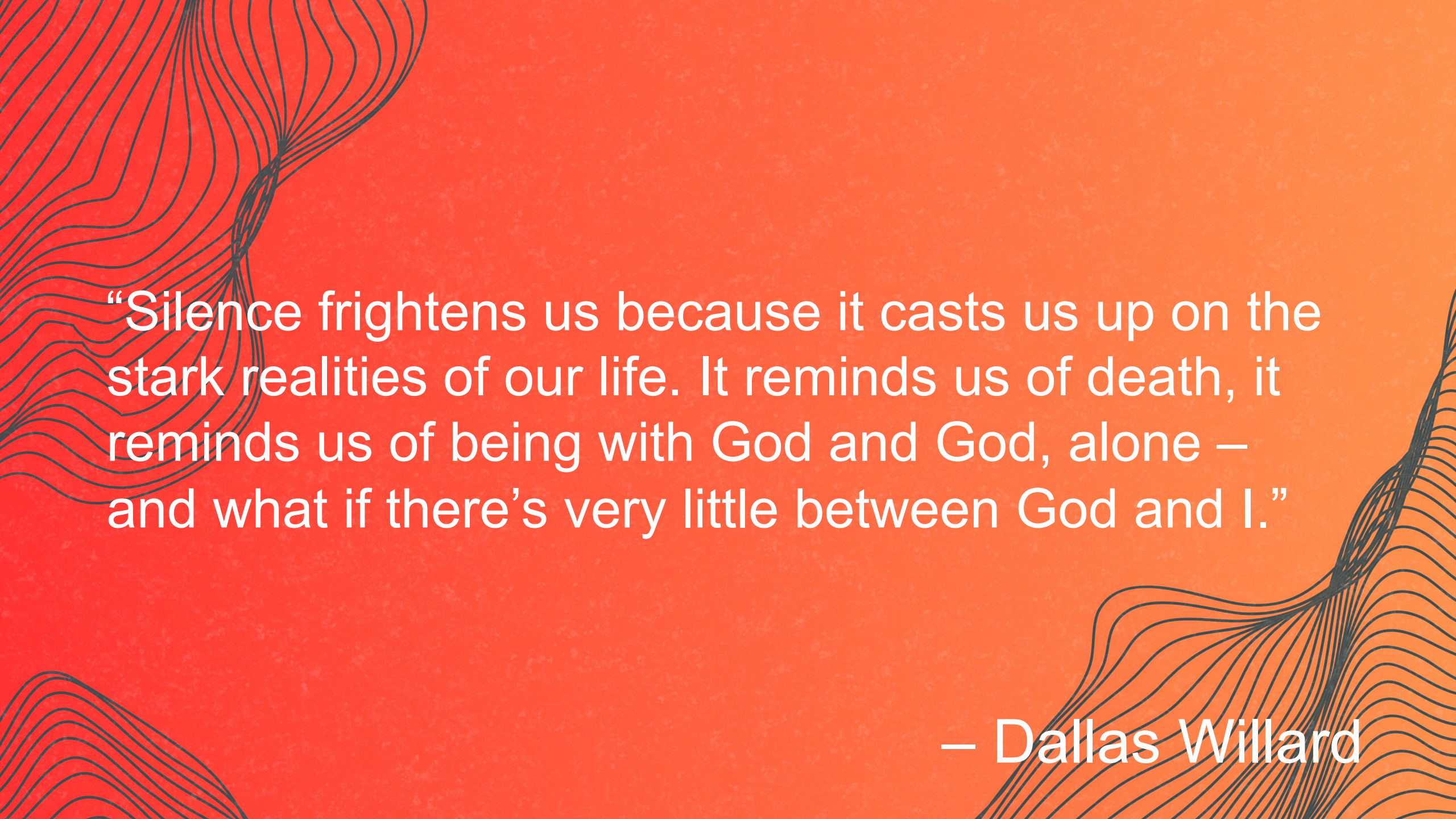
And rising very early in the morning, while it was still dark, he departed and went out to a desolate place...

— Mark 1:35

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And after he had **dismissed the crowds**, he went up on the mountain by himself to pray. When evening came, **he was there alone...**

– Matthew 14:23



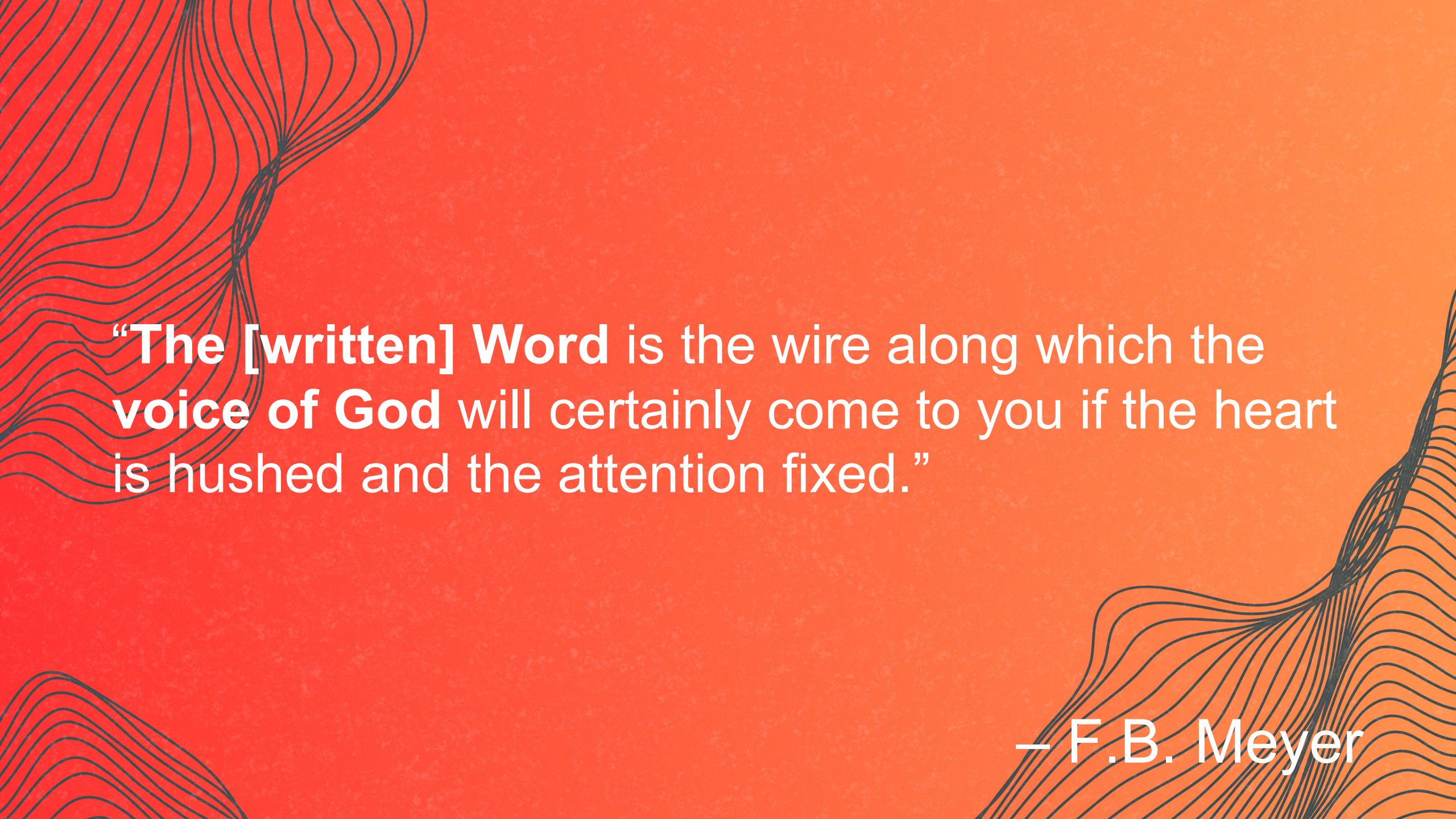
“Silence frightens us because it casts us up on the stark realities of our life. It reminds us of death, it reminds us of being with God and God, alone – and what if there’s very little between God and I.”

– Dallas Willard

RESOURCES

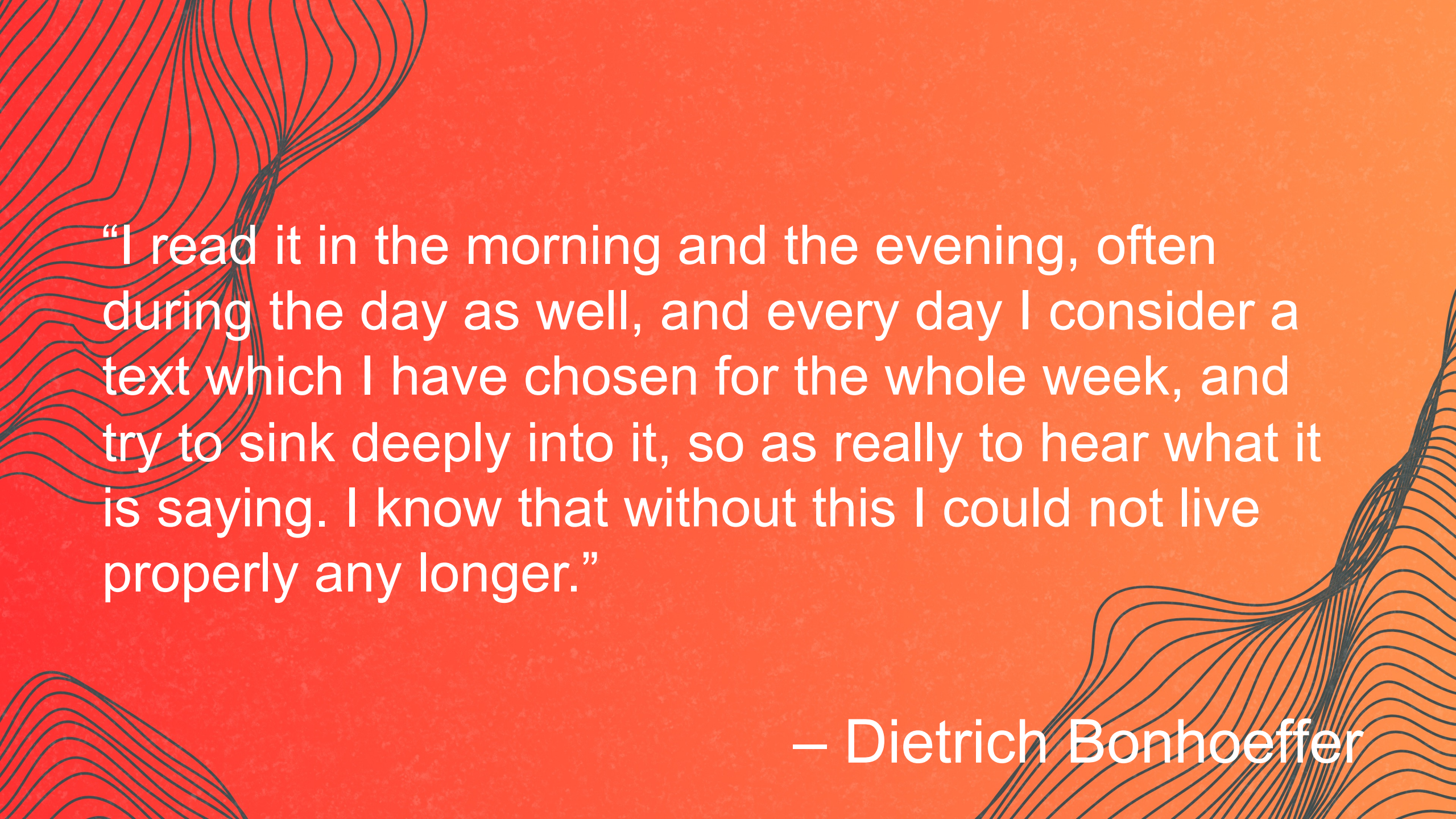
www.GracePointChurch.net/Rhythms





“**The [written] Word** is the wire along which the **voice of God** will certainly come to you if the heart is hushed and the attention fixed.”

— F.B. Meyer

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“I read it in the morning and the evening, often during the day as well, and every day I consider a text which I have chosen for the whole week, and try to sink deeply into it, so as really to hear what it is saying. I know that without this I could not live properly any longer.”

– Dietrich Bonhoeffer

Three STOPS before you START

- 1) Stop the NOISE:
Silence/Solitude
- 2) Stop to REST:
Sabbath

The
pause that
refreshes



“The Great Invitation”

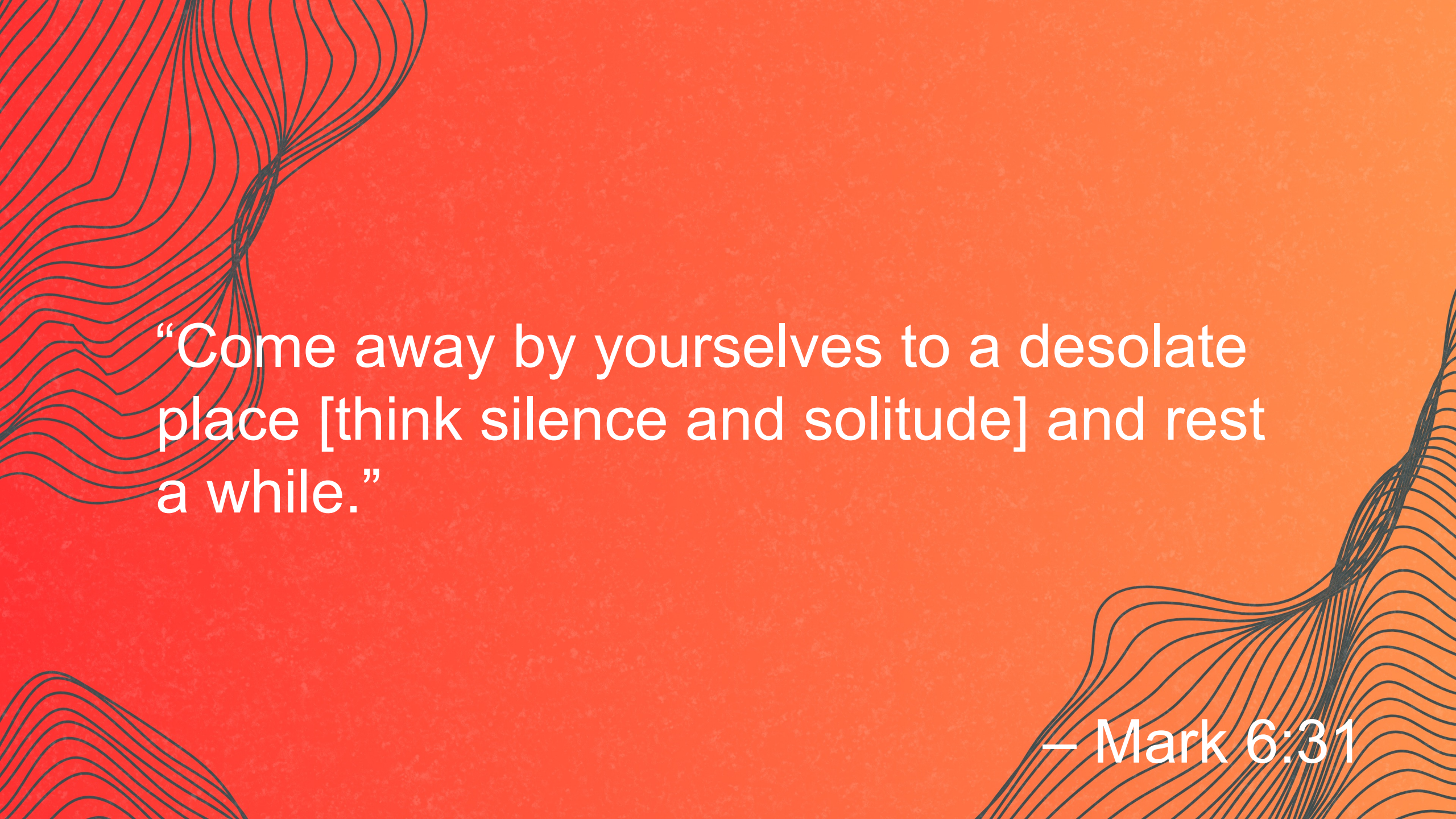
“Come to me, all who labor and are heavy laden, and **I will give you rest.** ²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and **you will find rest for your souls.** ³⁰ For my yoke is easy, and my burden is light.”

– Matthew 11:28-30

“rest” – ἀναπαύω (*anapauiō*)

Rest, Refresh, Revive

“rest for your souls”



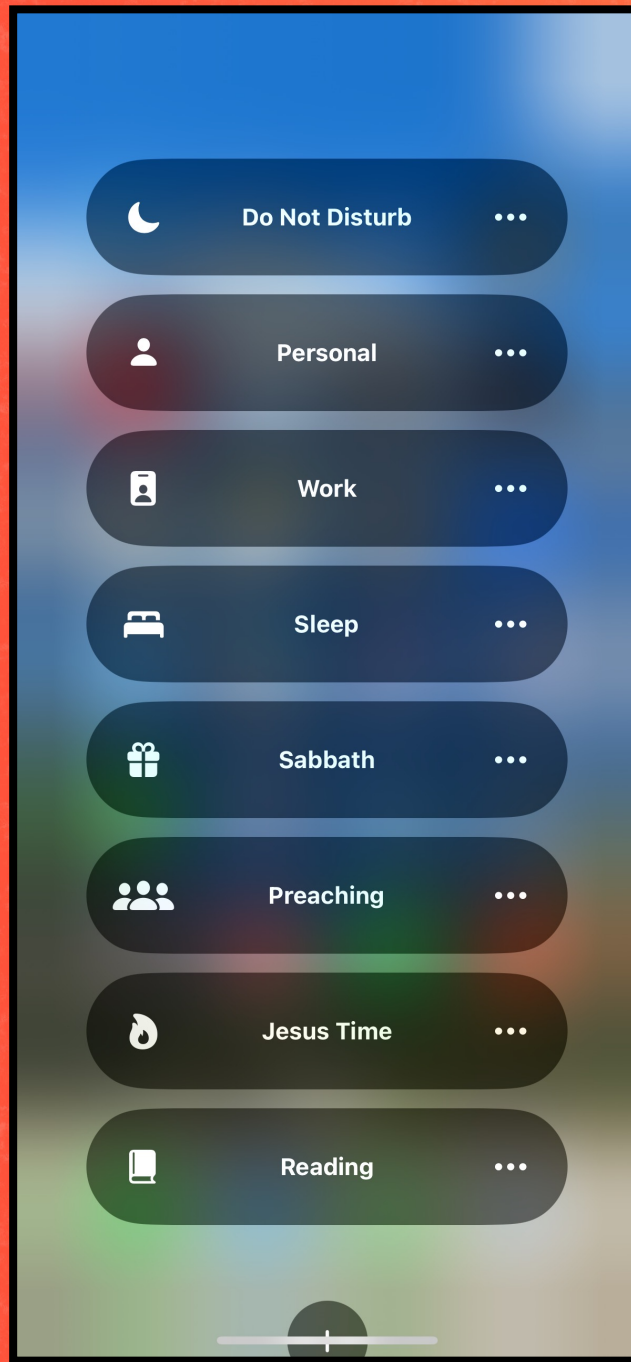
“Come away by yourselves to a desolate place [think silence and solitude] and rest a while.”

— Mark 6:31



Sabbath:

*Rest-filled spiritual serenity of the
body, mind, and soul*



Do Not Disturb



Personal



Work



Sleep



Sabbath



Preaching

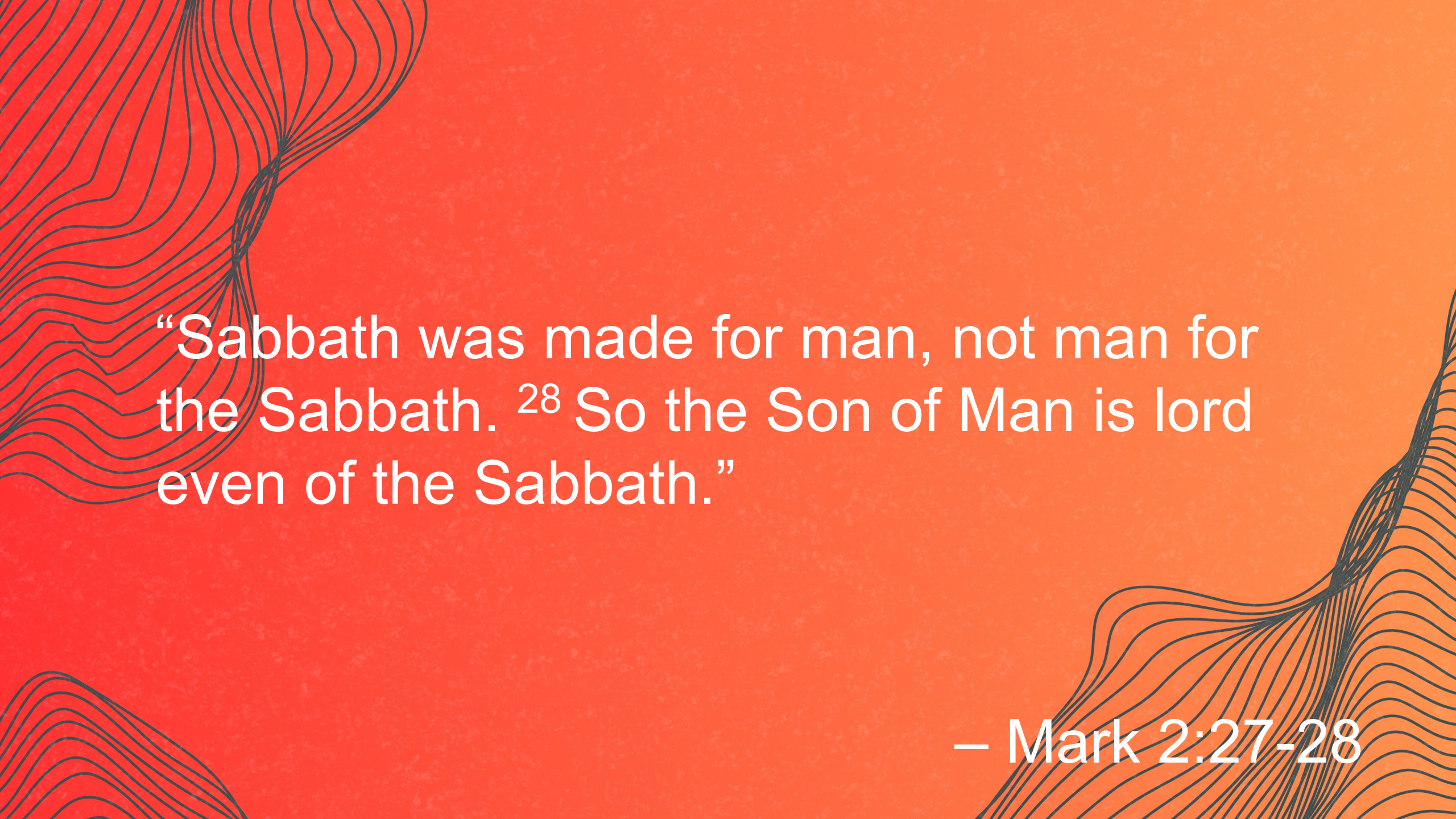


Jesus Time



Reading





“Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is lord even of the Sabbath.”

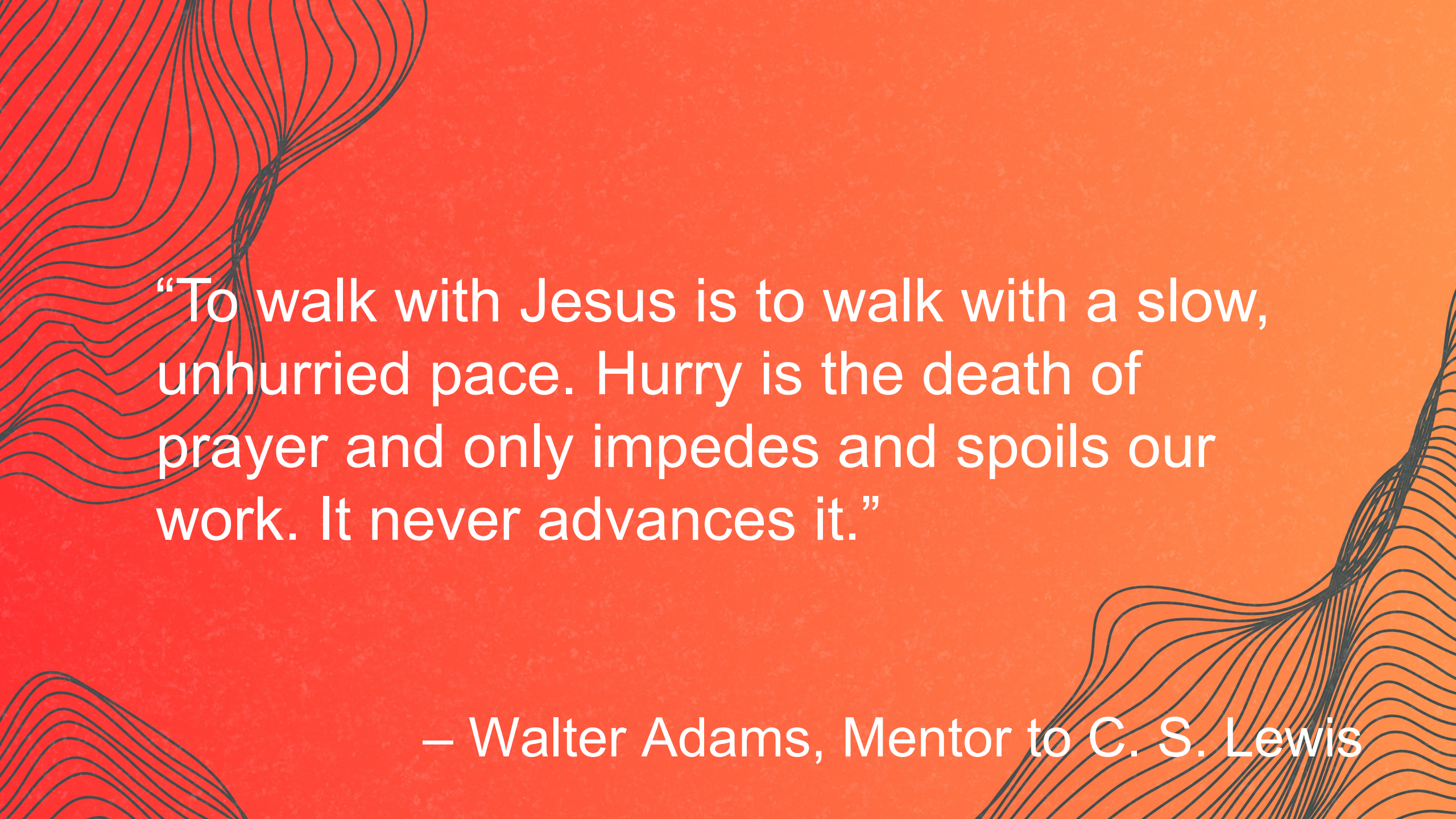
– Mark 2:27-28





“They walk thousands of paces and never seem to tire. Then suddenly, they kneel and die.”

– John Eldredge, *Resilient*

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“To walk with Jesus is to walk with a slow, unhurried pace. Hurry is the death of prayer and only impedes and spoils our work. It never advances it.”

– Walter Adams, Mentor to C. S. Lewis

Three STOPS before you START

1) Stop the NOISE:
Silence/Solitude

2) Stop to REST:
Sabbath

3) Stop the INDULGENCE:
Fasting

The background features a gradient from red on the left to orange on the right. It is decorated with several sets of thin, dark grey, wavy lines that create a sense of movement and depth, particularly in the corners.

Jesus taught on fasting:

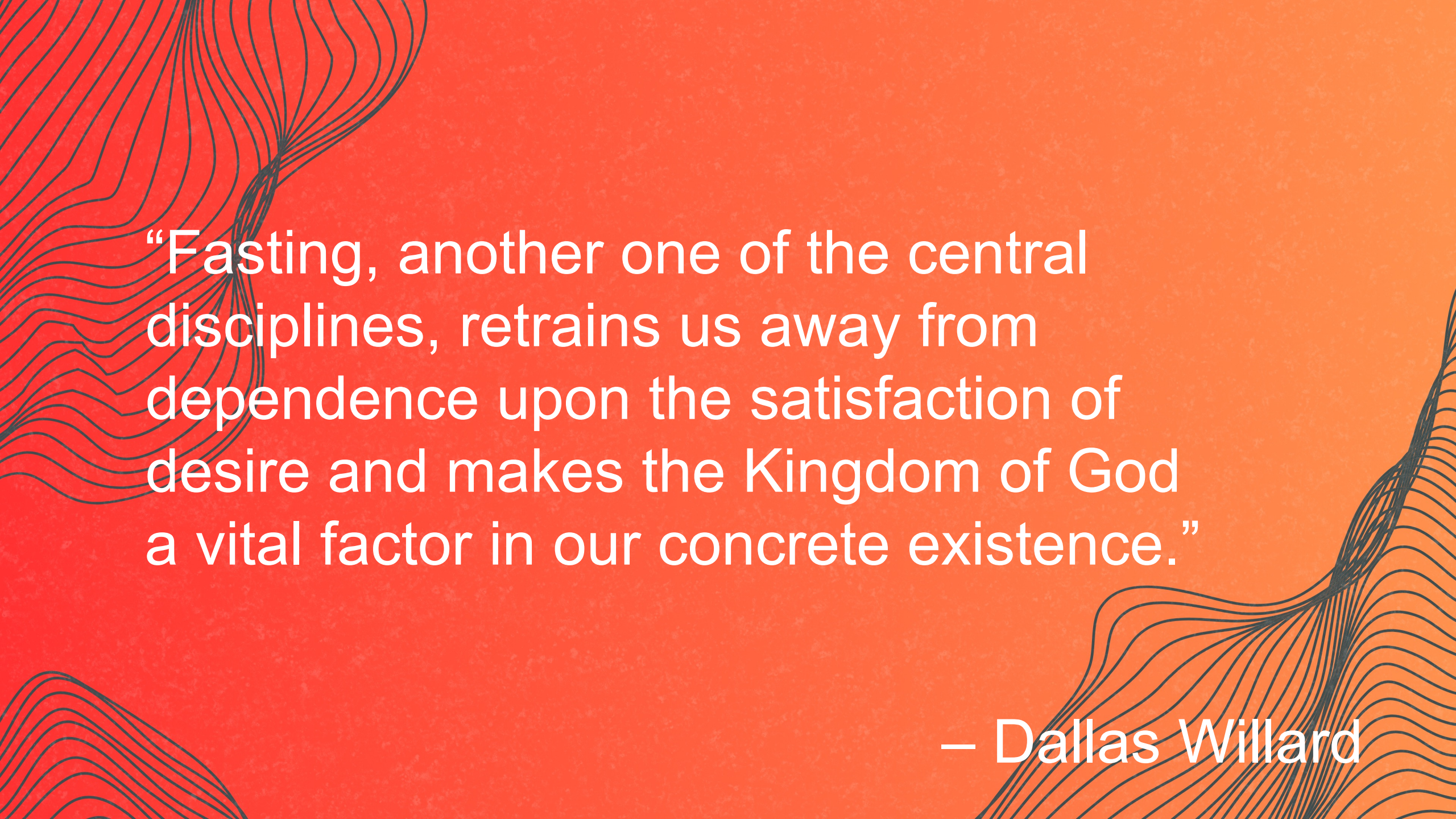
“When you fast...” – Matthew 6:16

Jesus taught on fasting:

“When you fast...” – Matthew 6:16

Jesus practiced fasting:

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² And after fasting forty days and forty nights, he was hungry. – Matthew 4:1-2

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“Fasting, another one of the central disciplines, retrains us away from dependence upon the satisfaction of desire and makes the Kingdom of God a vital factor in our concrete existence.”

– Dallas Willard

Jesus Christ

And those who belong to **Christ Jesus** have crucified the flesh with its **passions and desires.**

– Galatians 5:24

Peter

Abstain from the passions of the flesh,
which wage war against your soul.

– 1 Peter 2:11

Paul

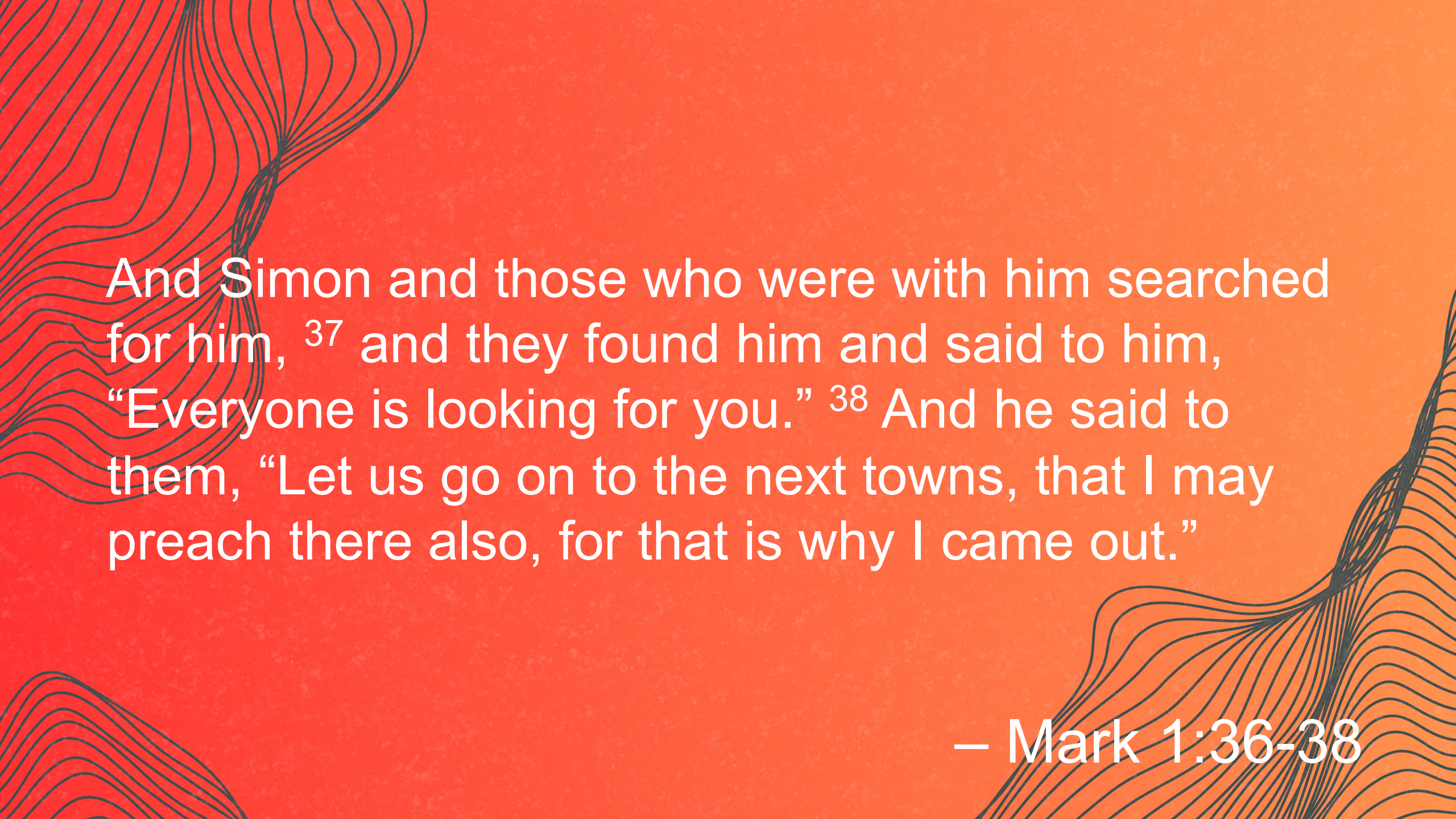
Every athlete exercises self-control in all things...But I discipline my body and keep it under control. (Gr. δουλαγωγέω: doulagógeó)

– 1 Corinthians 9:25-27

You!

“If anyone would come after me, let him **deny himself** and take up his cross daily and follow me.”

— Luke 9:23

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– Mark 1:36-38