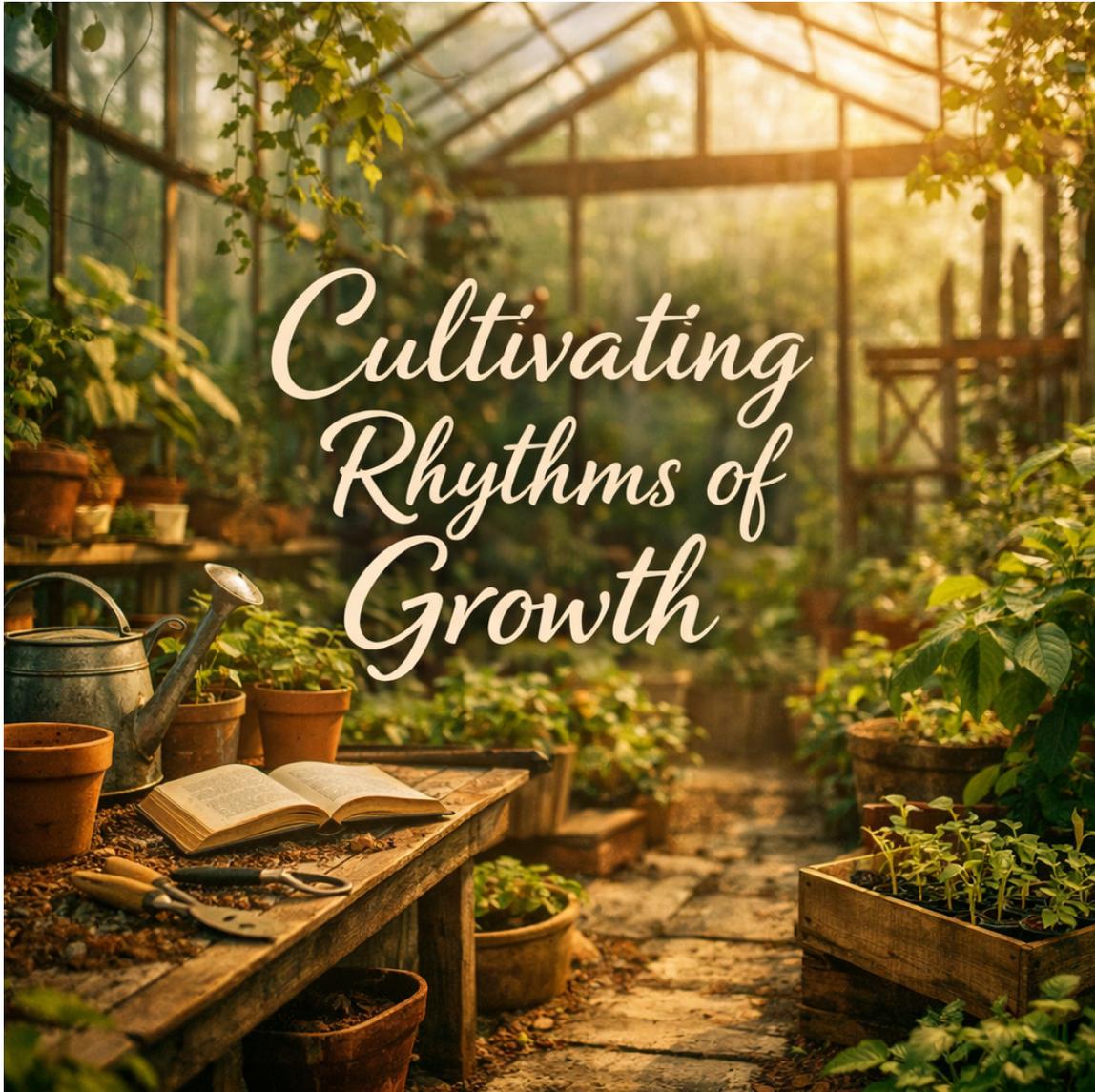


**Cultivating Rhythms for Growth**  
**Week 2 Devotional Guide**



Growth does not happen instantly. It happens as we remain rooted, nourished, and attentive over time. Spiritual rhythms are not magic and they do not earn God's approval. They are simple, faithful ways of positioning our hearts to grow in the grace and knowledge of Jesus Christ. 2 Peter 3:18, 1 Corinthians 3:6-7.

*Spiritual growth is personal, but it was never meant to be private.* As you move through this devotional, consider sharing one insight, struggle, or encouragement with someone from your group. A short text, conversation, or prayer request can deepen both connection and growth.

This devotional is meant to help us each, no matter where we might be in our spiritual journey, take a next step!

I love you!

Chris

## **Day 1 — Remembering the gospel with gratitude**

**Scripture:** Ephesians 2:8–10, Romans 5:1–2

When we forget the gospel, *growth quietly shifts into striving*. But when we remember grace, our motivation changes from pressure to gratitude. The Christian life does not begin with effort but with receiving. Gratitude keeps our roots anchored in what God has already done rather than what we feel we must prove.

As we return again and again to grace, our hearts soften, joy deepens, and growth becomes a response rather than a requirement. When we are reminded often the grace of Jesus that offers us freely what we could never earn, deserve, or keep for ourselves ... suddenly gratitude becomes our motive for growth. Gratitude reminds us that God is not waiting for our improvement before He delights in us. We grow because we are loved, not so that we might be loved.

Maybe for some, this good news of Jesus is new to you. If that's you, don't worry about what you might not know yet. One encouragement would be to simply start by considering, "*What if the good news of Jesus IS true? What would I do with it? Would I respond to it if it really IS for me to?*"

### **Reflection Questions:**

Where do you most easily forget the grace of the gospel?

How does gratitude shift your posture toward growth?

### **Practice:**

Pause today and thank God for specific ways His grace has changed your life.

## **Day 2 — Scripture as nourishment and water**

**Scripture:** Psalm 1:1-3, Matthew 4:4

God's word is not meant to be consumed quickly but absorbed slowly. Like water reaching deep roots, steady exposure shapes our thinking, anchors our identity, and renews our perspective. Growth through God's Word often feels quiet, slow, and steady rather than dramatic. Yet over time nourishment produces resilience, clarity, and fruitfulness. Think of your time in God's Word as a daily meal. We might not remember or be "wowed" by every meal we ever eat ... but they all nourish and sustain us. That's what time in the Bible can do for us. It can nourish and enrich us even when we don't "feel" wowed or moved. His Word nourishes those who seek Him through it.

As we mentioned yesterday, for some the Bible and the Gospel are still new ... and maybe intimidating. My encouragement would be to get a good easy to read Bible (maybe the NIV) and start reading the book of John. Let the story of Jesus unfold in front of you, Let it be an "introduction" to Jesus and His incredible story!

### **Reflection Questions:**

When has Scripture felt life giving?

What makes it easy or difficult to engage?

### **Practice:**

Read a short passage slowly and carry one phrase with you today.

### **Day 3 — Prayer as relational connection**

**Scripture:** Matthew 6:6–8, Philippians 4:6–7

Prayer does not make God near. It helps us become aware that He already is. Honesty matters more than the exact words we use. Prayer deepens trust, calms anxiety, and reminds us that we are never navigating life alone. Remember Jesus' words in Matthew 6:7, "*And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.*" God isn't impressed by our words, phrases, or repetition. He just loves hearing from His kids!

#### **Reflection Questions:**

What makes prayer feel natural?

What makes it feel difficult?

#### **Practice:**

Talk with God conversationally about what you are carrying today.

#### ***Midweek community connection***

Consider reaching out to your group and sharing one thing that has encouraged or challenged you so far this week. You might share one small step you are trying to take, or a prayer request. Growth often deepens when it is shared.

## **Day 4 — Reducing clutter to create space**

**Scripture:** Luke 10:41–42, Hebrews 12:1

Distraction is subtle. Busyness and stimulation quietly limit attentiveness. Creating margin is about making room for what matters most and becoming more aware of God’s presence.

We are a deeply distracted people. Phones, Social Media, and all things digital, draw our attention away from God, others, and even our mission. Often the only way to deal with these distractions is to “rip them out by the root”. Get drastic and make a change that will limit or eliminate the distractions calling for your heart. Let Matthew 5:27-30 speak to you today. The passage speaks of adultery/lust ... but use the word “distraction” in their place and see what the passage says to your heart.

### **Reflection Questions:**

What feels like it crowds out space for God?

What might God be inviting you to simplify?

### **Practice:**

Choose one small adjustment today that creates margin.

## **Day 5 — Confession and walking in the light**

**Scripture:** 1 John 1:7-9, Psalm 32:3-5

Hiding creates heaviness, while honesty creates freedom and renewed closeness with God. Confession is living honestly within forgiveness already given. Walking in the light allows grace to restore joy.

Confession is not meant to be a “bad word”. It is a gift from God. As we confess our sins to Him and to one another, we can actually begin to experience freedom from guilt and shame. We can find fresh awareness of God’s grace ... a grace that is greater than all our sin! And when we allow our sin to come into the light, it can begin to lose its power. And that can allow room for new and beautiful growth in our lives to take root!

### **Reflection Questions:**

What helps you be honest with God?

How does confession change your sense of closeness?

### **Practice:**

Spend time honestly talking with God and receiving His forgiveness.

## **End of Week Reflection and Connection**

Before the next gathering, share one rhythm that felt meaningful or one small step you hope to continue. Community does not require perfect progress. It simply requires honest presence.