

I commit to Living with Jesus by practicing one (or two) of the following rhythms daily, or at least consistently each week. It is my desire to posture myself before God in a manner that arranges my life for spiritual transformation.

**Morning Contemplation:** Start the day by inviting God into my daily activities.

**Confession:** Submit my weaknesses and faults to the forgiving love of Christ.

**Scripture Reflection:** Read a verse of Scripture and listen to what God is saying to me about that verse.

**Solitude:** Spend time without distractions. No noise or conversation; just me and God.

**Journaling:** Become aware of God's activity in and around me and write about what he is doing.

**Slowing:** Curb my need for busyness and hurry in order to be fully present in the moment.

**Examine:** Invite the Spirit into my evening thoughts to examine how I've interacted during that day.

**Praying Scripture:** Allow God to shape my prayer life through the words of Scripture.



LIVE|LOVE|LEAD

Practicing spiritual rhythms arranges my life for spiritual transformation.