Daily Spiritual Rhythms

Experiencing God's presence through daily practices of Silence & Solitude, Bible Reading, Reflection, Prayer, and Worship.

"Be still and know that I am God." Psalm 46:10

Whether your best opportunity for quiet time comes in the early hours of the morning or late hours of the evening, we have provided helpful practices to draw closer to God and His presence. The time allotments are simply suggestions, a tool to provide a framework for meaningful time spent with God.

Silence and Solitude (5-10 min)

Begin with 5-10 minutes of silence in a quiet place of solitude. Sit comfortably and still, breathing in and out. Close your eyes and quiet your mind by breathing in "Be still" and exhaling "and know that I am God." Repeat the prayer until your mind is quieted. Focus on your breathing, deep inhales and deep exhales.

Bible Reading (5-10 min)

Choose a book of the Bible to begin reading. Consider Psalms or Proverbs. Ask the Holy Spirit to give you wisdom to understand God's Word. Spend time reading verse by verse, paying attention to what the Holy Spirit may be using to speak to you. Think quality over quantity.

Reflection (3-5 min)

Spend a few moments in contemplation. Let the Scripture interact with your thoughts, feelings, and your life circumstances—past, present, and future. Consider journaling during this time.

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

Prayer (5-10 min)

We use prayer to communicate with God. Because of Jesus, we are able to boldly approach the throne of grace, to speak to our Heavenly Father through prayer. Use the prayer guide below to structure your time of prayer.

P -Praise God. Start off by giving God praise and adoration.

R - Recognize His Gifts. Continue by acknowledging and thanking the Lord for his daily gifts in your life.

A - Ask for Forgiveness. Next, Acknowledge your sins and ask God for forgiveness.

Y - Your requests. Finally, bring your requests before your Creator.

Worship (3-5min)

Worship is expressing our reverence to God because He is worthy of all of it. Worship may be expressed in words of adoration. God you are worthy! Lord you are holy! I praise you Lord. Worship can be expressed through song. Is there a certain song that you love to sing in the presence of God? Sing that! Worship can also be expressed physically by bowing down, raising your hands, or even laying prostrate before the Lord. Our response to God's goodness is worship.