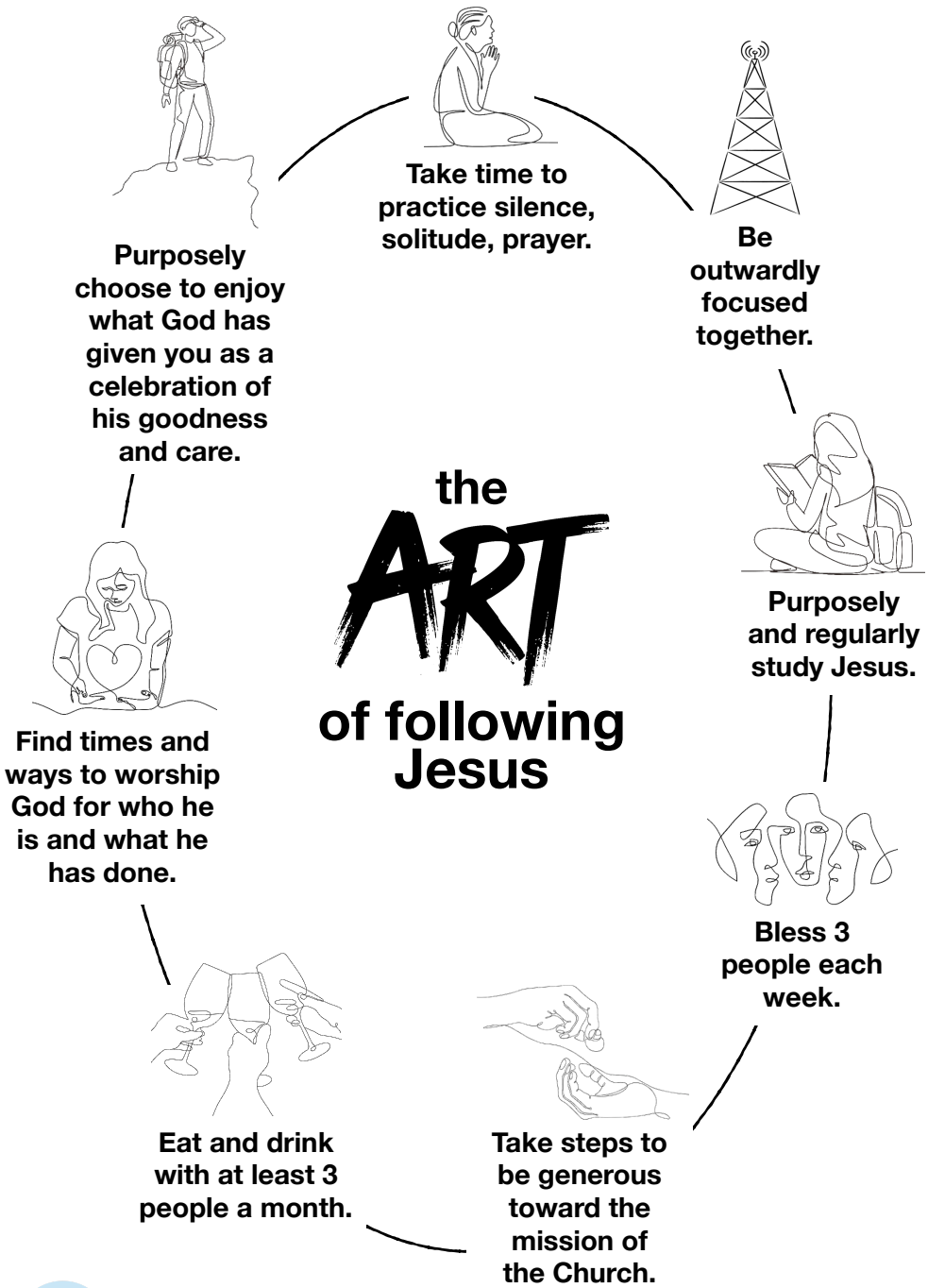


My Rhythm of Life



DAILY

WEEKLY

MONTHLY/QUARTERLY

- Tips:**
- For every “easy” (downstream) practice, challenge yourself with a more difficult (upstream) one.
 - Share with a friend/alliance; this is meant to be done within community!
 - Revisit after 3-6 months, and make necessary adjustments based on season and growth as you follow Jesus.

Additional Resources:
 Add'l Discipline List: <https://finds.life.church/spiritual-disciplines/>
 “Practicing the Way” PDF: <https://tinyurl.com/RofLifeHelp>
 Emotionally Healthy Workbook: <https://tinyurl.com/RofLifeWorkbook>
 YouTube series from Crosscreek: <https://tinyurl.com/artofFollowingJ>