



WALKING IN  
**THE WAY**

Spiritual rhythms of our lives to  
walk in the way of Jesus



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The Purpose of the

# SPIRITUAL RHYTHMS

Throughout all of scripture, we are often compared to that of plants. Plants are intended to foster deep roots that are grounded and rooted, to then have healthy branches that stem in many different areas, that if all are healthy lead to producing fruit. Just like we are compared to plants, God is often compared to the dew, rain, light, and sun that is needed for plants to grow. Without consistent encounters with light water, and nutrients, plants cannot grow.

We think our lives are comparable of this. Without consistent encounters with the creator that produces and provides the resources with life, then we will not grow into the person we were intended to grow into. Maybe our seeds are too close to thorns. Maybe our roots werent firmly planted and we blow away in the wind like a weed. Maybe we are producing leaves but no fruit because there is something wrong with the plant entirely. We are hoping for the sun and the water to do all the work when we still have a part in the process.

The job of a plant in the process of its own growth is just its posture. To posture itself in a position of rich soil, in direct sunlight, where there is plenty of rain and dew, near other plants to obtain rich nutrients, for the best possible growth of a plant. These are the spiritual rhythms.

As we study scripture, we see these rythms as a way of life. The way of Jesus' life. As followers of the Way and as disciples of Jesus, we are to be more like Him. These are patterns of His life that led him to consistently be back at the source. Consistent encounters with His father and the creator of all things which gave him strength to live the life He was intended. To be the person He was intended to be.

These are not requirements mandated by a dictator, rather a warm embrace, an invitation over, a sweet conversation into knowing the one true God in a deeper and true way. Because God loved us, through the way Jesus made, when we receive the Holy Spirit, we know more of who God is and return more of who we are. This is the spiritual life.





As you go this month...

# FASTING

One of the essential parts of our lives that is a rhythm that is often neglected, altered, or looked over is fasting. When Jesus was addressing the lives of people, He said “as you fast..”. It wasn’t “if” you fast. It was “as” you fast. It was already expected to be a normative part of people’s lives.

It is another way to posture yourself. To bring yourself to a point of “Lord I need you more than I need food.”. It is a position like David took towards God in Psalm 42. Throughout the Old and New Testament, people often took positions of fasting to seek God. Either in a period of desperation or just to seek God. Fasting is another way to make space for all of these rhythms in our lives. It is dedicating a day, period of day, or multiple days to seek God in the most natural position of life and our need for food.

So as we attempt to seek God and lay our roots deeper for a start of this new year, we want to encourage you as you go this month to fast. Fast from food as was the basis throughout scripture. Or if that isn’t a possibility for your health, figure out what fasting looks like for you.

What could fasting look like for you this new year?

What do you want God to reveal to you or lead you to as you fast and seek Him?

God what do you want to reveal to us through this?

Lord we need you. More than anything else in life. We need You.



## Sermon Notes

Sunday January 4th

# SABBATH

[illegible]

Monday, January 5th

# SABBATH

What is the Sabbath?

Genesis 2:2-3

Sabbath means rest. To cease from your labor, to cease striving after the wind (Ecclesiastes 1:14). God reminds us of this practice in Psalm 46:10 “Be still (cease striving) and know that I am God”

The importance of this discipline is that we would understand God created us to rest and to purposefully spend time with Him and those He created for us to walk with.

This week, begin to think about how you can purposefully begin practicing the discipline of Sabbath, a 24-hour period of rest and ceasing from labor to get ahead.

What would it look like in your life to begin this spiritual discipline?

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**A.J. Swoboda: “The Sabbath is God’s stand against the tyranny of always having to say yes. The Sabbath is God’s gift of a no to us in our obsessive, compulsive pattern of living.”**

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Tuesday, January 6th

# SABBATH

What is the purpose of the Sabbath? Just religious tradition, or something more meaningful?

If more meaningful then why don't we obey and practice it as God instructed?

Jesus taught us: That the Sabbath was made for our good, not the other way around.  
Mark 2:23-28

What does that mean to you?

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Working through how to implement and make this a regular rhythm of your life, what do you plan to do to honor the Sabbath?

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**Eugene Cho: “There’s nothing selfish about Sabbath, rest and self-care.  
We can’t give what we don’t have.”**

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Wednesday January 7th

# SABBATH

The effect of neglecting the Sabbath.

What happens if we carry on our lives 24/7 without giving heed to God's instruction on rest and honoring the Sabbath?

We find a picture of this in Exodus 16:9-21. When they went out on the Sabbath and found no manna how do you think they felt?

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What happens to us when we neglect the Sabbath?

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When was the last time you experienced this?

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How will you begin to practice the spiritual discipline of Sabbath in your weekly rhythm?

**Marva Dawn: "A great benefit of Sabbath keeping is that we learn to let God take care of us-not by becoming passive and lazy, but in the freedom of giving up our feeble attempts to be God in our own lives."**

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Thursday, January 8th

# FELLOWSHIP

## 01 THE NEXT SPIRITUAL RHYTHM IS THE DISCIPLINE OF COMMUNITY

All of our life is a journey somewhere. As a child of God we are continuously being formed into someone who is more and more like Jesus. These disciplines are not to be practiced as a method of changing yourself, rather they are ways in which we make space for God to do this in our lives as we participate in this journey He has us on.

Fellowship in community as a spiritual discipline is a necessary part of the Christian life if we are to follow in the way of Jesus. We see the first church come together in the book of Acts often for different purposes, and 1 of those is to fellowship with one another.

## 02 TAKE A LOOK AT ACTS 2. WHY DID THEY CONTINUALLY COME TOGETHER?

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## 03 WHAT WAS PRESENT IN THEM EVEN BEFORE THE HOLY SPIRIT DESCENDED ON THEM?

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## 04 HOW DO YOU PRACTICE THIS TOGETHERNESS WITH OTHER BELIEVERS IN YOUR OWN LIFE?

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Friday, January 9th

# FELLOWSHIP



01 AS WE LOOK AT JAMES 5, WHAT IMPORTANCE IS PLACED ON THE COMMUNITY OF BELIEVERS?

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02 READ VERSE 16. HOW AUTHENTIC IS THIS LEADING US TO BE WITH ONE ANOTHER? DOES THIS CHANGE YOUR UNDERSTANDING OF FELLOWSHIP WITHIN THE CHURCH?

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03 WHAT SORT OF LOVE DOES SOMEONE NEED TO DISPLAY FOR YOU IN ORDER FOR YOU TO TRUST THEM WITH YOUR SINS? WHAT SORT OF LOVE MUST YOU HAVE FOR GOD TO BE THAT VULNERABLE IN FRONT OF ANOTHER? HOW DOES TRUST DEVELOP WITHIN THE FELLOWSHIP OF BELIEVERS?

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Saturday, January 10th

SABBATH

# REST

On the seventh day God rested.





Wednesday January 7th

# FELLOWSHIP

## Authenticity

1 Corinthians 12:12 discusses the power the body of Christ possesses together through differing gifts within the members. When all of the members understand their value to the church she becomes unstoppable. This is what the Spirit of Christ is doing in the church, waking us up to the things God has prepared beforehand for us to do.

Has being with other believers helped you to see your giftedness?

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Has spending quality time authentically in front of other Christians helped you to see your value to the church?

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Has it hurt you?

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Would you consider finding a trusted few to fellowship with and begin to practice this discipline regularly? If so, begin praying for God to lead you to those people.

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Wednesday January 7th

# FELLOWSHIP

What if we actually opened up?

In the book of Acts we do not see the believers always in the temple. They are often in one another's homes. They seem to be sharing their lives with one another. When we open our homes or enter the homes of our friends, we begin to see them as they are, with less of a mask on.

If you knew the people around you at church wouldn't leave you if they knew the real you, would you consider bringing all of yourself into their lives?

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This can be a scary thing. It is why we pull into the garage and shut the door before getting out of the car.

Are there any fears associated with being authentic in front of those in your church? What are they?

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Wednesday January 7th

# FELLOWSHIP

How can real community benefit you?

Authentic fellowship takes time. You have to be willing to stick it out in the mess. Romans 8:37-39 shows us what is happening in us as God is forming us into Christ like people.

How do you see this type of love in the community you find yourself in?

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How can you begin to step into this community with this very love for others?

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The journey is life long. We are in it together. God designed us for togetherness in a community of love. His love.

How might you begin to let other in to your journey?

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Friday, January 15th

# PRAYER

## 01 WHY DO WE PRAY?

One of the most common spiritual disciplines that we know about, and probably know the most about, is prayer. Is it a magic divine intervention for God to intercede on our behalf? Or is it a conversation like so many preachers say? How is it a conversation if it feels so one sided?

Prayer is a way to commune with the God that created us. The God that chooses us. The God that desires us. The God who delights in us. It's the way to talk to Him. As you learn more of who He is, what He is like, and merely just talk to Him. Regardless of the topic or intent, like a parent who desires to know their kid, He just wants to listen.

## 02 WHAT HAS PRAYER BEEN LIKE FOR YOU IN YOUR LIFE SO FAR?

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## 03 WHAT FEELINGS DO YOU HAVE TOWARDS PRAYER? FEAR? SHAME? GUILT? GLADNESS?

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Friday, January 16th

# PRAYER



## 01 DID THAT PRAYER WORK?

The nagging questions that come to us at times when we pray. Did that just work? Did I mean what I prayed? Was that geniune? Or geniune enough? Do I need to try again?

Uneasiness easily settles in if we don't have a good idea what prayer actually is intended for and if we dont know who we are actually talking to. If we are intended to be having a conversation with someone, knowing who is on the other side is cruical. When you talk to another person, the people you know deeeply lead to different conversations than with strangers. So what is that person like on the other end of those prayers? What does it feel like He is like? What is He actually like?

## 02 WHEN YOU THINK ABOUT GOD, WHAT DO YOU THINK OF?

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## 03 IF YOU IMAGINED GOD WAS LOOKING AT YOU RIGHT NOW, WHAT DO YOU THINK HE WOULD BE LIKE? HOW WOULD YOU FEEL?

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Saturday, January 17th

SABBATH

# REST

On the seventh day God rested.



## Sermon Notes

Sunday January 18th

## PRAYER

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or legal stationery. There are no margins, text, or other markings on the page.

Monday, January 19th

## PRAYER

What is prayer?

As we look at prayer and model prayers, the first thing that often comes to our minds is the Psalms. One of the most famous chapter of the Bible, Psalm 23, is a clear example of prayer. We can look at all the places Jesus or the disciples or anyone would go away and pray, but here we have a first hand look of what prayer is like. David recognizes who God is, and then who He is to him.

Do you feel like God is this intricately involved in your life? How can you see that?

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What happens to us when we neglect the Sabbath?

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**C.S. Lewis: “Prayer in the sense of petition, asking for things, is a small part of it; confession and penitence are its threshold, adoration its sanctuary, the presence and cushion and enjoyment of God its bread and wine.”**

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Tuesday, January 20th

# PRAYER

What God is actually like

Read Psalm 16.

Our image of God is constantly being formed throughout our lives like any relationship. Knowing the person on the other side is crucial. The sad reality is that our image of God is often faulty or critical. The good news is that no matter how good, bad, or accurate our view of God is; He is far better than we can ever imagine.

Imagine God thinking about you. What do you think he feels about you?

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Knowing how the other party feels about you leads to how you communicate. Reading this Psalm shows many great ways God was involved in David's life. David felt safe with God. It was his chosen portion over all the kingdom. It was home.

What is home like for you? What should it be?

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All of the good qualities of home are what it is actually like to be with God. This is the person on the other side of this conversation. What would it be like to venture back home today?

**Warren Wiersbe: "The safest place to be in all the world is in the will of God."**

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Wednesday, January 21st

## PRAYER

A nice conversation

Read Psalm 107:43

Coming out of remembrance of who that great God is. The one that desires us, loves us, delights in us, and chooses us; let the wise ones consider His steadfast love. Out of great love we are able to talk and be with Him. Being able to talk to Him without fear because perfect love casts out fear can help us obey out of devotion not duty.

Do you think you pray or obey more out of devotion to God or feeling the need to (duty)? Why do you feel this is the case?

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Fear demands control. Living a life of fear needing control actually ends up controlling us. Yet love requires full surrender.

What would full surrender look like in your prayer life?

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No matter the case, God still loves you and is waiting for His loved child to take time and just talk.

**St. Augustine: "God loves each of us as if there were only one of us."**

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Friday, January 15th

# MEDITATION

## 01 WHAT COMES TO MIND WHEN YOU HEAR THE WORD MEDITATION?

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Maybe the thought of Eastern Religion comes to mind. Yoga. Clearing the mind.

## 02 WHAT DID GOD HAVE IN MIND WHEN HE TOLD US TO MEDITATE ON HIS WORD?

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This Sunday we will be looking into what God meant and how we bring the rhythm of our life into the pattern God had intended.





Friday, January 16th

# MEDITATION

## 01 WHAT IS MEDITATION?

Meditation...the focus of taking control of what is occupying your mind. Not a clearing of the mind as in other religions, but of taking inventory and bringing every thought captive and into obedience to Jesus (2 Corinthians 10:5).

As you prepare for Sunday take some time and pay attention to what you are thinking about most as this new year gets on its way.

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What are you worried and/or stressed about? What are you hoping for? What is keeping you awake at night? Those are the things you are already meditating on. Are they doing you any good? Are they drawing you closer to God?

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.” – Jesus.



Saturday, January 17th

SABBATH

# REST

On the seventh day God rested.



## Sermon Notes

Sunday January 18th

# MEDITATION

[illegible]

Tuesday, January 21st

# MEDITATION

The best way to meditate....is on the Word

Joshua 1:8...

How have you found your mind and heart being drawn into the word so far this year?

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What would it look like for you to intentionally spend time meditating on what you have read before closing your journal?

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I've heard Louie Giglio say: "read till the Word stops you and then meditate on what it said that stopped you."

**Joseph Hall: "It is not hasty reading, but seriously meditating upon holy and heavenly truths that makes them prove sweet and profitable to the soul."**

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Tuesday, January 21st

## MEDITATION

The best place to meditate...is in God's presence.

Psalm 1:1-3...

Where do you like to draw away and spend time with God?

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How often do you try and get to that place?

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We can spend time with God and meditating on what He is showing us no matter where we are, but there is something about being intentional about setting aside a time and place to be with Him and rest in His presence. To hear His voice and allow Him to strengthen your inner being.

How can you begin today to intentionally spend time with your Heavenly Father meditating on Him and His Word?

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Philippians 4:8

**Blaise Pascal: "All of man's difficulties are caused by his inability to sit, quietly, in a room by himself."**

**C.S. Lewis: "We live, in fact, in a world starved for solitude, silence, and private: and therefore starved for meditation and true friendship."**

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Tuesday, January 21st

## MEDITATION

The best practice for meditation...is to meditate on what God is showing and teaching you.

Psalms 73...

The bible uses the word “ponder” (Psalm 73:16, Luke 2:19, Isaiah 43:18). It is to sit with your thoughts and dig into the depths of what they are trying to show you. It is the idea of working a thought over in your mind until you know it inside and out, bringing it to the light of God’s Word and hearing what God has to say and then listening to the Holy Spirit as it brings you to a greater understanding of the thought.

What are you currently pondering (mulling over) in your mind?

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What does God have to say about it?

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What do you need to do because of what God is saying about it?

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How can begin to make it a practice of daily bringing every thought to Jesus and let Him show you whether it belongs or not, and how to adjust your mindset according to His Word?

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**Charles Stanley: “The amount of time we spend with Jesus - meditating on His Word and His majesty, seeking His face - establishes our fruitfulness in the kingdom.”**

Friday, January 15th

# RHYTHMS

01

WHAT DO YOU NEED TO COMMIT TO IN ORDER  
FOR THESE FOUR SPIRITUAL DISCIPLINES:  
SABBATH (REST), COMMUNITY, PRAYER,  
MEDITATION; TO BE A REGULAR RHYTHM OF  
YOUR LIFE THIS YEAR?

[illegible]

Psalm 37:3-6





Friday, January 16th

## RHYTHMS



01

AS YOU PREPARE TO CARRY THESE THINGS FORWARD WHAT WILL YOU DO DURING THE MONTH OF FEBRUARY TO CONTINUE THESE DISCIPLINES?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Proverbs 3:5-8

Saturday, January 17th

SABBATH

# REST

On the seventh day God rested.



Walking in The Way

## HAVE MORE QUESTIONS?

We would love to talk to you about what  
God is doing in your life



6 And I am sure of this, that he who  
began a good work in you will bring  
it to completion at the day of Jesus  
Christ.

Philippians 1:6

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THE WAY

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