

RENEW - Sundays

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. (NKJV, emphasis added)

Release. Evaluate. Notice. Exchange. Walk. RENEW is based on Romans 12:1-2.

If you commit to anything in The Rhythm Journal, especially if you are just getting started with it, commit to at least these two things: walking through PACE at the beginning and the end, and walking through RENEW every Sunday. These are foundational rhythms that are key to you getting the most out of The Rhythm Journal process.

Take 20-30 minutes at some point on Sunday. Slow down and make space for the Spirit to speak. Make and take the time to do this.

Note the date at the top of the page.

Review your notes from last Sunday's RENEW (or PACE if this is the first week). Skim through your RISE and REST from the previous week.

Now, take your time and reflect on each of the RENEW prompts with Romans 12:1-2 in mind. The provided writing space might not be enough for some people. Feel free to use the next page for longer form notes. In the end, try to condense your answer down to a "tweet" length and fill it in here. RENEW is designed to help you live out Romans 12:1-2.

First Steps is about getting started. Hopefully what is here has helped you to do just that. Remember, don't try and master it all at once. Something like this might be a new habit for you. Don't force it, but don't give up either. Start with PACE and RENEW. Weave in RISE and REST until they become a regular rhythm in your day. The Rhythm Journal is about transformation, not task-formation.

If you are more of a visual learner, watch the First Steps class on the website. It's more or less a video version of this document along with some tips and tricks.

There is also a Next Steps class that is a deep-dive into the origins of The Rhythm Journal, its personal and Biblical roots, and how to get the most out of all of its components and supplementary materials.

Make sure to join the communities online mentioned on the inside back cover of your journal. Please share your stories with us and let us know how you are growing as you walk with God at His PACE.



First Steps

Indexed Checkbox - Bottom of each page

Things will happen. God will speak to you or teach you something. You need a way to track these things because a time will come when you need to be reminded of how and when God worked in your life.

At the bottom of every page is a checkbox labeled "Indexed." This box is used together with The Index found at the back of your journal. If there is a day or rhythm you want to be able to come back to later, check the box at the bottom of the page, then go to the back of the journal to the Index pages, write the page number in the column, then a summary of what happened. "This morning, God showed me..." "Today I learned..." Think of it as a kind of landmark.

Now you have a running record of God molding, shaping, teaching, and transforming you into the image of Christ.

PACE - Beginning and end of each journal

Take your time in PACE (15-30 minutes) at the start and end of the journal. This is the first thing you will do on your first Sunday with your new journal. The purpose of PACE is to stop, check in, and take stock. In order to notice any growth and change, we have to look back, examine the present, and look for what might be ahead.

As you consider your life and how you walk with God in His Purposes, Actions, Choices, and how you've Evolved (changed over time), the three key questions to ask for each step are:

Where have I been? Where am I now? Where does the Lord want me to be?

Purpose - How intentional have you been in God's purpose in your life in light of these three questions?

Action - When it comes time to take action, is it the action God has directed you to take in that moment?

Choice - When you make a choice, do you process it through scripture? Can you hear the Holy Spirit telling what to do?

Evolve - Are you different today than you were yesterday? How about a week, three months, or a year ago? What do you want to look like tomorrow, in a week, three months, or a year from now?

RISE - Daily, Monday through Saturday.

RISE is done in the morning. Give yourself 15-30 minutes. You are taking time in the morning to partner with God in your day. These aren't a checklist to work through. They are there to serve and guide you. They are a process culminating in you taking these things to God in prayer and asking Him for a fresh filling of His Holy Spirit so as to transform you and live them out. **Keeping this in mind is key to your success in using your journal.**

At the top of the page note the date. The Rhythm field is explained in the Next Steps class on the website. Be sure to check it out.

Reading

There is no shortage of Bible reading plans. Some take you through the whole Bible in a year, or sections of the Bible in a fixed time frame. Others are theme based. If you need help finding some, check the website. In any case, read sections of scripture that are manageable for you. As you do, try to key in on one phrase, verse, or paragraph.

Inspiration

"Inspire" means to breath into. As we read God's word He can breathe it into us. The point of this step is to learn how to notice and record what God is breathing into you as you read His word. Some examples of how you might be inspired are listed as checkboxes along with one for you to fill in with your own. *This isn't so much about studying the Bible as it is the Bible studying you!* What did it inspire in you?

Supplication

"Supplication" is another word for prayer. You are asking for a supply of something. Start with the two questions/prayers provided. You probably already have needs you want to take to God in prayer. Perhaps God has some suggestions for you as well. Perhaps He also has something He wants to communicate to or through you. Take a moment. Listen. Use the space provided to make any notes or lists.

Expression

Looking back on your Reading, Inspiration, and Supplication notes, think through what's ahead today. Meetings, tasks, classes, homework, chores, free time; are there any connections between what you wrote in your journal above and what's coming up in the day ahead? Does any of it influence what's coming up later today? How can you Express in your day what the Spirit is saying to you this morning?

Index Checkbox - if there is something you want to be able to refer back to later, check the box and make a note in the Index.

REST - Daily, Monday through Saturday.

REST is done in the evening. Give yourself 15-30 minutes. You are taking time in the evening to review how He worked in and through you that day. It's worth noting again that these aren't a checklist to work through. They are there to serve and guide you. They are a process culminating in you taking these things to God in prayer and asking Him for a fresh filling of His Holy Spirit so as to transform you and live them out. **Keeping this in mind is key to your success in using your journal.**

If you didn't get a chance to do RISE today that's ok, go through REST anyway.

Review

Read through your notes from this morning's RISE and think through the events of the day. Were you able to put into practice what you noted in Expression this morning? Were you sensitive to the Holy Spirit leading you in conversations and choices you made? How was your day walking with God?

Engage

This step is done as needed depending on the events of the day. It's also something we don't usually do. Take some time to consider this step but don't feel bad if you end up with nothing to write. What happened today, for better or for worse, that you need to Engage? Did you react poorly to a situation and need to correct it? Did you react in a Godly way and need to reinforce that? Summarize what happened, your reaction, and what you need to do about it.

Surrender

What happened today, for better or for worst, that you need to Surrender to God? What is out of your control that you need to intentionally turn over to God? What did you do, or what happened to you, that needs to be credited to God? Is there sin that needs to be confessed? Is there control that needs to be released?

Thanksgiving

The amount of research showing us the positive effects that being thankful has on our wellbeing is astonishing. The Bible tells us in more than one place to be thankful in all things; even the things that we don't like or hurt us in some way. Often times God blesses us and in the moment we don't recognize it as such. Think back through your day. What are you thankful for today?

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