



Understanding Scripture, one verse at a time.

WORD BY WORD

Beyond Resolutions: 5 Spiritual Rhythms for the Year Ahead



RESOLUTIONS (Pressure)

Momentary bursts, focused on achievement.
Ask: "What should I achieve?"

1. The Rhythm of Scripture



YOUR WORD IS A LAMP FOR YOUR FEET

Scripture provides daily fight and a steading presence, guiding your path bit by bit, especially in uncertain times.

Simple Ways to Begin

- Read one verse each morning.
- Listen to scripture while driving.
- Journal one insight that stands out.

Consistency Matters More Than Quantity

A little light every day is enough.

2. The Rhythm of Prayer



PRAYER IS A LIFELINE, NOT JUST A REQUEST LIST

It is about turning your attention toward God and cultivating a relationship through communion and stillness.

Gentle Prayer Habits

- Try a simple breath prayer.
- Take quiet moments before checking your phone.
- End the day by thanking God for one thing.

Prayer Shapes Your Days by Shaping Your Heart

Intentionally connecting with God reorients your entire perspective.

3. The Rhythm of Rest



REST IS AN ACT OF WORSHIP AND SURRENDER

It is a gift from God, not something earned. Rest is where we remember that God is God, and we are not.

How to Practice Rest

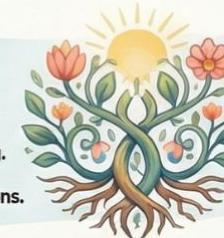
- Take a weekly 5-minute moment of stillness.
- Enjoy a screen-free hour.
- Take a walk without rushing.

Let Go of Burdens You Weren't Meant to Carry

Rest provides an opportunity to slow down and release the pressures of a productivity-obsessed culture.

RHYTHMS (Grace)

Intentional patterns, focused on becoming.
Ask: "Who am I becoming?"
Invitations into God's presence, not obligations.



4. The Rhythm of Gratitude



GRATITUDE RECALIBRATES THE HEART

It shifts your focus from what is lacking to what God is doing, making space for hope even in difficult seasons.

A Simple Rhythm of Gratitude

Write down one thing you are thankful for each day. By year's end, you'll have 365 reminders.



It Clears Spiritual Clutter

Gratitude opens your eyes, softens your heart, and fills the new year with perspective.

5. The Rhythm of Community



FAITH ISN'T MEANT TO BE LIVED ALONE

Community strengthens us, encourages us, and reminds us that we belong to something larger than ourselves.

Ways to Connect

- Join a church group.
- Pray with someone.
- Send an encouraging message.
- Share what God is teaching you.

Walking Together Builds Resilience

Sharing your faith journey with others makes it steadier and more durable.

