

As Christians, we all want to be transformed to be more like Jesus. In order to experience that transformation, we need to watch and learn from Jesus. This requires intentionality. This is a list of seven spiritual practices that we believe will keep you close to God. Our invitation to you is to engage with one of these practices each week throughout the duration of our Rhythm Teaching Series. Our hope is that together we can learn to be and live more like Jesus.

DESIRE

SUGGESTIONS

NOTICE

PRACTICE OF GENEROSITY

You will be enriched in every way so that you can be generous on every occasion, and through us, your generosity will result in thanksgiving to God. 2 Corinthians 9:11 (NIV)

To live in a way that demonstrates all that I have is God's; to live generously to share God's love and fuel his mission.

- Offer to help someone in need without expecting anything in return.
- Use your gift or talent to encourage someone else.
- Share your story with someone else.
- Gratitude will increase.
- Recognize how God can use you to bless others.
- Opportunities to care for and minister to others.

LOOKING TO ENGAGE FURTHER?

1. Find additional resources at westwoodcc.org/rhythm
2. Attend Westwood's Sacred Rhythms 6-week experience to discover and experience a new spiritual practice each week. Sacred Rhythms launches at campuses the week of January 23, 2022. Find details and register at westwoodcc.org/rhythm.
3. Purchase *The Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun to learn more about these practices and others.

Rhythm Guide

7 SPIRITUAL PRACTICES TO BE AND LIVE LIKE JESUS

DESIRE	SUGGESTIONS	NOTICE
This is the goal, why we are engaging with this practice, how it can help us be more like Jesus.	These are some simple suggestions to get started. They may be helpful reminders or ways to engage the practice.	As these spiritual practices become part of your rhythm with God, notice how your heart and life are transformed.

PRACTICE OF SILENCE*

“But oh! God is in his holy Temple! Quiet everyone—a holy silence. Listen!” Habakkuk 2:20 (MSG)

To free myself from the addiction to and distraction of noise so I can be totally present to the Lord; to open myself to God in the place beyond words.	<ul style="list-style-type: none"> Setting a period of time (you may want to start with 5 minutes a day) in which you isolate yourself from sounds and distractions. Driving in silence. Exercise in quiet; listening to God. 	<ul style="list-style-type: none"> Being attentive to the voice of Jesus. Having freedom from negative habits of speech. Receiving quiet from the chaos and the noise in your life. Having deeper intimacy with God.
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PRACTICE OF SABBATH*

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God... Exodus 20:8-10 (NIV)

To set apart one day a week for rest and worship of God. (If you work on Sundays, pick another day for your Sabbath.)	<ul style="list-style-type: none"> Setting aside time for intimacy with God and others you love. Practicing restful activities: walks, a nap, time with a friend, family time. Letting go of things that stress you out for 24 hours. Not developing a to-do list for Sunday. 	<ul style="list-style-type: none"> Freedom from the addiction to busyness, rush, and hurry. Acknowledging your human limits and living within them. Trusting God for all that you're not doing or taking care of on Sunday.
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PRACTICE OF HOSPITALITY*

Stay on good terms with each other, held together by love. Be ready with a meal or a bed when it's needed. Why, some have extended hospitality to angels without ever knowing it! Hebrews 13:1-2 (MSG)

To be a safe person who offers others the grace, shelter, and presence of Jesus.	<ul style="list-style-type: none"> Loving, not entertaining, the guest. Spontaneously inviting people for meals. Sharing your home, food, resources, car and all that you call your own so that another might experience the reality of God's welcoming heart. 	<ul style="list-style-type: none"> Displaying God's welcoming heart to the world (children, students, neighbors, teachers, colleagues). Living the truth that all you have belongs to God. Developing conversational skills that put others at ease.
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PRACTICE OF INCARNATIONAL LISTENING**

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires. James 1:19-20 (NIV)

To move your heart from a place of judgment to a place of loving through listening with intentionality, exiting your comfort zone, and into the world of another.	<p>Three steps to listening well:</p> <ul style="list-style-type: none"> Leave your world (let go of the familiar). Enter into someone else's world (practice active, humble, and curious listening). Allow yourself to be formed by others (open up to their world-views while holding on to yourself). 	<ul style="list-style-type: none"> Observe how you begin to see others as God sees them. Become more empathic to others in different situations than you. Learn to advocate for others. Focusing on understanding rather than being understood.
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PRACTICE OF EXAMEN*

And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God. Philippians 1:9-10 (NIV)

To reflect on where I was most and least present to God's love in my day.	<ul style="list-style-type: none"> A regular time to come into the presence of God to ask two questions (a couple options below). When did I give and receive the most love today? When did I give and receive the least love today? What moment am I most grateful for today? What moment today am I least grateful for today? 	<ul style="list-style-type: none"> Recognizing God's presence in your experiences. Developing more discernment and receptivity to God's voice. Fostering gratitude. Being aware of God-given desires.
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PRACTICE OF SLOWING*

“Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.” Mark 6:31 (NIV)

To curb my addiction to busyness, hurry and workaholicism; to learn to savor the moment and see how God is working in and around you.	<ul style="list-style-type: none"> Driving the speed limit. Getting enough rest. Showing up ten minutes early, without spending time on your phone. Looking people in the eyes. 	<ul style="list-style-type: none"> Keeping company with Jesus as you live at a saner pace. Living the present moment to the full. Freedom from an addiction to phone, email, messaging, and social media. Patience—waiting with grace.
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*From the *Spiritual Disciplines Handbook – Practices That Transform Us* by Adele Ahlberg Calhoun
 **From *The Deeply Formed Life* by Rich Villodas