

Spiritual Rhythm Produces Spiritual Fruit

Loving God		
Love	Joy	Peace
↑	↑	↑
Prayer & Silence	Worship	Sabbath

Reaching Out		
Patience	Kindness	Goodness
↑	↑	↑
Service	Hospitality	Giving

Growing Together		
Faithfulness	Gentleness	Self-Control
↑	↑	↑
Landing Zones	Scripture Reading	Life Group

Spiritual Rhythm Core

Daily

Prayer & Silence

Scripture Reading

Basic Hospitality

Weekly

Worship

Sabbath

Life Group

Landing Zone

Church Service

Monthly

Giving

Spiritual Rhythm Expanded

Daily		
Prayer & Silence	Scripture Reading	Basic Hospitality

Weekly				
Worship	Sabbath	Life Group	Landing Zone	Church Service
Exercise	Healthy Eating		Advanced Hospitality	

Monthly		
Giving		
Fasting	Fellowship Night	Community Service

Spiritual Rhythm Advanced

Daily				
Prayer & Silence		Scripture Reading		Basic Hospitality
Gratitude		Genuineness		Generosity
Weekly				
Worship	Sabbath	Life Group	Landing Zone	Church Service
Exercise	Healthy Eating		Advanced Hospitality	
Monthly				
Giving				
Fasting		Fellowship Night		Community Service
Confession		New Prayers		New Worship
Annually				
Spiritual Retreat			Mission Trip	