

**The Rhythm Of Life**  
**Part 2 – The Rhythm of Renewal!**

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**21 Days of Prayer and Fasting** (January 20-February 9).

We ask you to commit to pray for 15-30 minutes a day and fast something. (still time to sign-up)

**2019...** is the year to - **Rekindle the fire...** and the Lord said, *“I want your hunger & desire for Me to be seen in 2019.”*

*(Psalm 51:10-12) Create in me a pure heart, O God, and renew a steadfast spirit within me. 11 Do not cast me from your presence or take your Holy Spirit from me. 12 Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*

*(Psalm 139:23-24) Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.*

*(Galatians 6:2) Bear one another's burdens, and so fulfill the law of Christ.*

**3 habits to start each day:**

**1. Get started with a \_\_\_\_\_ slate.**

*(Lamentations 3:22-23 ESV) The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.*

*(Hebrews 4:16) Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

*(Psalm 118:24) This is the day the Lord has made; let us rejoice and be glad in it.*

**2. Get focused on \_\_\_\_\_.**

*(Ephesians 5:16-17) Making the very most of the time [buying up each opportunity], because the days are evil. 17 Therefore do not be vague and*

*thoughtless and foolish, but understanding and firmly grasping what the will of the Lord is.*

**3 faulty mindsets:**

**1st** We Over-exaggerate \_\_\_\_\_.

**2nd** We Overestimate \_\_\_\_\_.

**3rd** We Underestimate \_\_\_\_\_.

- Good decisions \_\_\_\_\_ will give you a better \_\_\_\_\_.

*(Philippians 3:3-14) But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

*(Matthew 6:34) "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

**3. Get moving in \_\_\_\_\_ direction.**

*(Mark 1:35) Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.*

**3 ways to help you do this:**

**1st** Present your \_\_\_\_\_ to Him.

*(Romans 12:1) “Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship.”*

**2nd** Present your \_\_\_\_\_ to Him.

*(Psalm 119:11) “I have hidden your word in my heart that I might not sin against you.”*

**3<sup>rd</sup>** Present your \_\_\_\_\_ to Him.

*(Proverbs 3:5-6) “Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.”*