



Setting Seasonal Spiritual Rhythms

A CREATIVE CONNECTION GUIDE

ALICIA HAMILTON



I'm glad you're here!

Intentionally setting spiritual rhythms is one of my favorite ways to stand on the threshold of a new season with expectation and delight. It helps me take my best intentions and desires for my friendship with God seriously. It prepares me and gives me a sense of presence and purpose. My prayer is that setting spiritual rhythms frees you up to live the way you were intended to. Why rhythms instead of goals? Rhythms aren't as heavy or burdensome as goals because they go deeper and are less dependent on a perfect environment where nothing changes or goes awry.

RHYTHMS

Habit oriented

Flexible

Growth oriented

Focus on motivation or the heart

GOALS

Number oriented

Rigid

Success oriented

Focus on dry stats

Inviting the Holy Spirit

As you enter into this guide, take time to sit with the Holy Spirit and offer your desires, schedule, and plans to Him. Take a deep breath, sit in silence for a moment, and ask the Holy Spirit to make you aware of His presence. Write a prayer in the space below.

Ask God for guidance, clarity, and an eternal mindset as you process and plan.

Looking Back

How would I describe this past season spiritually?

What rhythms or habits have been helpful in this season?

What rhythms or habits have been unhelpful?

What did I learn in this season? What has God taught me?

Looking Forward

What would I like to learn in the next season?

What do I want to be true of my relationship with God in the next season?

Where can I prioritize obedience to God?

Are there any rhythms or habits I'd like to leave behind as I enter this next season?

Bible Reading

Are there any particular books or sections of the Bible I want to read?

Are there any ways I want to intentionally process what I'm reading?

Where in my schedule do I want this rhythm to live?

Prayer Life

Make a list of specific things to pray for in the next season:

Where in my schedule do I want to make time to pray? How do I want to enjoy prayer with God (prayer walks, praying with friends, journaling, etc.)?

Community

How do I want to engage in church life?

How do I want to engage in my community?

How do I want to engage with my family?

How do I want to engage in my friendships?

Enjoying God

Are there any Christian books I want to read in this season?

Are there any spiritual practices I want to implement or creative ways I want to enjoy God? (Circle any you are interested in or write your own below.)

Practice of silence Scripture walks Meditating on or memorizing Scripture

Singing or drawing Scripture Serving with God in specific settings Journaling

Other spiritual practices to enjoy God:

A Summary

Take this space to synthesize your desires for the next season. You might list all possible rhythms, structure your ideal rhythms into your days or weeks, or process in any way that helps you.

Seeking God's Help

None of this is done in our strength. The Holy Spirit is the one who works in our hearts and minds to draw us near in obedience and delight. Rhythms and plans are simply tools and structures that help us put ourselves in the presence of God. It's the best place to be. Write a prayer to God for this next season and your relationship with Him: