

Week Five: Sustainable Rhythms
Deuteronomy 6:6-8

Spend FIFTEEN – Day One

1. As we focus on building sustainable rhythms this week, each day we're going to use an ancient method of engaging with Scripture, called *lectio divina*. We will work through one verse of Psalm 23 each day. Spend approximately 4-5 minutes on each step. Use a timer or clock if you need.
2. Read Psalm 23:1. Then read it again. Read it again. Pause. Read it again. Now read it out loud. Read it one more time. Write the verse out on a notecard. Then read it from the notecard. Read it again. Memorize it. Read it multiple times, emphasizing different words each time.
3. Now think about the verse. What is it saying? Look it up in a different translation on BibleGateway.com (try NLT, NASB, or MSG). What words are different? What nuance does that convey? What feelings is it trying to communicate about Christ? His relationship to us? What things in life does it make you think of?
4. Now spend several minutes in prayer. (It's going to feel like forever, so set a timer for 5 minutes.) Ask God what he's trying to say to you in this verse. Pray for him to speak to you through his Word. Sit quietly before the Lord, no distractions, no phones, no music—and ask for his wisdom. Share your feelings about it with him. Is this verse comforting or challenging to you?
5. Next, contemplate what God has revealed to you through this verse. What does it mean for you? How does God want you to be different, molded, transformed by the truth in this verse? What change of mind, heart, life, and action is the Lord asking of you?
6. Finally, end your FIFTEEN by committing to one specific, accomplishable action step for today. Decide what you will do differently as a result of this time with the Lord. Then ask God to bless your efforts.

Spend FIFTEEN – Day Two

7. As we focus on building sustainable rhythms this week, each day we're going to use an ancient method of engaging with Scripture, called *lectio divina*. We will work through one verse of Psalm 23 each day. Spend approximately 4-5 minutes on each step. Use a timer or clock if you need.
8. Read Psalm 23:2. Then read it again. Read it again. Pause. Read it again. Now read it out loud. Read it one more time. Write the verse out on a notecard. Then read it from the notecard. Read it again. Memorize it. Read it multiple times, emphasizing different words each time.
9. Now think about the verse. What is it saying? Look it up in a different translation on BibleGateway.com (try NLT, NASB, or MSG). What words are different? What nuance does that convey? What feelings is it trying to communicate about Christ? His relationship to us? What things in life does it make you think of?

10. Now spend several minutes in prayer. (It's going to feel like forever, so set a timer for 5 minutes.) Ask God what he's trying to say to you in this verse. Pray for him to speak to you through his Word. Sit quietly before the Lord, no distractions, no phones, no music—and ask for his wisdom. Share your feelings about it with him. Is this verse comforting or challenging to you?

11. Next, contemplate what God has revealed to you through this verse. What does it mean for you? How does God want you to be different, molded, transformed by the truth in this verse? What change of mind, heart, life, and action is the Lord asking of you?

12. Finally, end your FIFTEEN by committing to one, specific, accomplishable action step for today. Decide what you will do differently as a result of this time with the Lord. Then ask God to bless your efforts.

Spend FIFTEEN – Day Three

13. As we focus on building sustainable rhythms this week, each day we're going to use an ancient method of engaging with Scripture, called *lectio divina*. We will work through one verse of Psalm 23 each day. Spend approximately 4-5 minutes on each step. Use a timer or clock if you need.

14. Read Psalm 23:3. Then read it again. Read it again. Pause. Read it again. Now read it out loud. Read it one more time. Write the verse out on a notecard. Then read it from the notecard. Read it again. Memorize it. Read it multiple times, emphasizing different words each time.

15. Now think about the verse. What is it saying? Look it up in a different translation on BibleGateway.com (try NLT, NASB, or MSG). What words are different? What nuance does that convey? What feelings is it trying to communicate about Christ? His relationship to us? What things in life does it make you think of?

16. Now spend several minutes in prayer. (It's going to feel like forever, so set a timer for 5 minutes.) Ask God what he's trying to say to you in this verse. Pray for him to speak to you through his Word. Sit quietly before the Lord, no distractions, no phones, no music—and ask for his wisdom. Share your feelings about it with him. Is this verse comforting or challenging to you?

17. Next, contemplate what God has revealed to you through this verse. What does it mean for you? How does God want you to be different, molded, transformed by the truth in this verse? What change of mind, heart, life, and action is the Lord asking of you?

18. Finally, end your FIFTEEN by committing to one, specific, accomplishable action step for today. Decide what you will do differently as a result of this time with the Lord. Then ask God to bless your efforts.

Spend FIFTEEN – Day Four

19. As we focus on building sustainable rhythms this week, each day we're going to use an ancient method of engaging with Scripture, called *lectio divina*. We will work through one verse of Psalm 23 each day. Spend approximately 4-5

minutes on each step. Use a timer or clock if you need.

20. Read Psalm 23:4. Then read it again. Read it again. Pause. Read it again. Now read it out loud. Read it one more time. Write the verse out on a notecard. Then read it from the notecard. Read it again. Memorize it. Read it multiple times, emphasizing different words each time.
21. Now think about the verse. What is it saying? Look it up in a different translation on BibleGateway.com (try NLT, NASB, or MSG). What words are different? What nuance does that convey? What feelings is it trying to communicate about Christ? His relationship to us? What things in life does it make you think of?
22. Now spend several minutes in prayer. (It's going to feel like forever, so set a timer for 5 minutes.) Ask God what he's trying to say to you in this verse. Pray for him to speak to you through his Word. Sit quietly before the Lord, no distractions, no phones, no music—and ask for his wisdom. Share your feelings about it with him. Is this verse comforting or challenging to you?
23. Next, contemplate what God has revealed to you through this verse. What does it mean for you? How does God want you to be different, molded, transformed by the truth in this verse? What change of mind, heart, life, and action is the Lord asking of you?
24. Finally, end your FIFTEEN by committing to one, specific, accomplishable action step for today. Decide what you will do differently as a result of this time with the Lord. Then ask God to bless your efforts.

Spend FIFTEEN – Day Five

25. As we focus on building sustainable rhythms this week, each day we're going to use an ancient method of engaging with Scripture, called *lectio divina*. We will work through one verse of Psalm 23 each day. Spend approximately 4-5 minutes on each step. Use a timer or clock if you need.
26. Read Psalm 23:5. Then read it again. Read it again. Pause. Read it again. Now read it out loud. Read it one more time. Write the verse out on a notecard. Then read it from the notecard. Read it again. Memorize it. Read it multiple times, emphasizing different words each time.
27. Now think about the verse. What is it saying? Look it up in a different translation on BibleGateway.com (try NLT, NASB, or MSG). What words are different? What nuance does that convey? What feelings is it trying to communicate about Christ? His relationship to us? What things in life does it make you think of?
28. Now spend several minutes in prayer. (It's going to feel like forever, so set a timer for 5 minutes.) Ask God what he's trying to say to you in this verse. Pray for him to speak to you through his Word. Sit quietly before the Lord, no distractions, no phones, no music—and ask for his wisdom. Share your feelings about it with him. Is this verse comforting or challenging to you?

29. Next, contemplate what God has revealed to you through this verse. What does it mean for you? How does God want you to be different, molded, transformed by the truth in this verse? What change of mind, heart, life, and action is the Lord asking of you?

30. Finally, end your FIFTEEN by committing to one, specific, accomplishable action step for today. Decide what you will do differently as a result of this time with the Lord. Then ask God to bless your efforts.

31. Extra Credit: Follow the method we've been utilizing and work through Psalm 23:6.