

With Jesus: Spiritual Rhythms

2 Corinthians 3:12-18

1. Start and End Your Day by Turning to the Lord

Morning (Before Your Phone):

Pause and pray:

“Lord, I turn my heart toward You today. I want to see You more clearly and know You more deeply.”

Evening (Before Bed):

- Thank and praise God for how you saw Him throughout the day.
 - **Clean out your heart:** What is weighing on you or hindering your connection with God?
 - Confess it.
 - Hand it over to Him.
 - Ask Him to replace it with His perspective and good things.
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2. Personal Time with Jesus

Remember: you are spending time enjoying Him as a real person. Make unhurried time to be with Him.

Worship

- Begin with a worship song or by expressing thankfulness.
- Slow down, become aware of His presence, and enjoy being with Jesus.

Prayer

- Ask the Holy Spirit to open your eyes to see and know Jesus and the Father more deeply.

Word

- Ask: “What does this show me about Jesus? The Father? The Holy Spirit?”
- Notice His thoughts, emotions, actions, and ways.
- Slow down when something stands out—don’t rush past it.
- Ask questions and talk with Him about what you’re reading.
- Journal truths, promises, and what you’re learning.

Listen

- Write down what you sense Him saying to you personally (“I want you to know...”).
- Pay attention to thoughts, pictures, or impressions that align with His character, Word, and fruit.

Obey

- Ask the Holy Spirit for a step of obedience.
 - Write an “**I will...**” statement and follow through.
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3. Stay Aware of the Presence of the Holy Spirit Throughout the Day

We are **with Jesus all day** and we are learning to walk in step with the Holy Spirit. He lives in us— so wherever we go we carry the presence of the living God.

Walking

- Walk slower.
- Take prayer walks—talk with Jesus.
- Start with Scripture, then follow His lead to repent, ask, or intercede.

Driving

- Drive slower.
- Listen to worship or Scripture and pray.

Working

- Take short breaks to reset your soul—pause with a worship song or quiet prayer.

Quieting

- Resist busyness and hurry so you can sense His presence.
- Stay present in your relationships.
- Practice deep breathing:
 - Breathe in His grace.
 - Breathe out your worries.
- Listen for His still, small voice:
“What are You saying? What are You doing?”

Include Me Lifestyle

- **Respond to His prompts:** When something comes to mind, respond quickly—pray, encourage, serve, or share with others.
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4. Respond Quickly When Something Comes Between You and God

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.” 2 Corinthians 3:17 (NIV)

When you feel distance:

Turn Immediately to Jesus

- Don't ignore it.
- Be honest: “Lord, I feel disconnected right now.”
- Honesty keeps the veil off; hiding puts it back on.
- Acknowledge grief or loss and ask for His perspective and heart.

Listen to the Lord for Freedom

- Ask what is hindering my connection with Jesus and listen.
- Receive His revelation, release the hindrance to Jesus and exchange for His good fruit.

Grow in Self-Awareness

- Ask the Holy Spirit to reveal:
 - Pride
 - Offense
 - Hardness of heart
- Invite a trusted friend to help with blind spots. Don't walk alone.

Deepen Humility

- Ask: “Am I walking in humility with God and others?”
- Reflect on Psalm 139:23–24.

Respond in Repentance

- Practice quick repentance from sin, selfishness, or pride.
 - Resolve to turn to God more quickly next time.
 - Reflect on Romans 2:4.
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5. Build Daily and Weekly Rhythms with the Body of Christ

- Engage the Word together with others.
- Gather to worship the Lord.
- Partner in mission with Jesus.
- Build relationships with people who support, challenge, and pray for you.

Ask yourself:

- Who am I encouraging? Who is encouraging me?
- Who am I discipling? Who is discipling me?
- Where am I using my spiritual gifts to build up my spouse, family, and church?

“See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily... so that none of you may be hardened by sin’s deceitfulness.”

— Hebrews 3:12–13 (NIV)