

hand + heart rhythms

YEAR 2

Below is the list of topics and rhythms you are being asked and invited to engage in over the course of Training 1. The growth and development of you as a planter, leader, and follower of Jesus is done not just through the head, but also through the rhythms of your heart and hands. Some will be daily practices, like the 30 min devotion, and others can be engaged with at the times that work best for you.

training 1: SELF

themes: **gospel** + **personal**

heart

➤ 21 Day Fast:

[Fasting Resources](#)

➤ 30 Min Daily Prayer/Devotion:

[Emotionally Healthy Spirituality Day by Day](#) (align with EHL syllabus assignments)

hands

➤ Develop A Rule of Life:

[Rule of Life Workbook](#). If you have already created one prior to this revisit and renew the workbook.

Financially Participate in Church:

We are constantly tempted to do this work on our own wisdom and strategy but both disallow the Spirit of God to be the chief builder in this work. Like the biblical concept of the tithe, we are asked by God to willingly part with the first portion of our possessions as a declaration that we are not the providers and sustainers of our lives; rather, He is. We are asking that you build this principle into the foundation of your church plant now acting in a way that is obedient to the Lord and entrusting all of this work not to your strategy or wisdom but His presence and power.