

hand + heart rhythms

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.

If you have any questions please let the Multiply Team know!

Training 1: SELF **themes-gospel + personal**

heart

➤21 Day Fast:

*[Fasting Resources](#)

➤30 Min Daily Prayer/Devotion:

*[Lectio Divina](#),

*[Emotionally Healthy Spirituality Day by Day](#)

*Consider making a Spotify playlist that informs your worship time

*Start a prayer journal

*[Prayer Resources](#)

hands

➤Serve in a Mundane Space in the Church:

Whether you are still at your sending church or already gathering a community, what does it look like for you to have metaphorical "foot washing" in your community. The goal of this exercise is to embody the foot washing, servant spirit of Jesus in your community of faith.

➤Financially Participate in Church:

We are constantly tempted to do this work on our own wisdom and strategy. But both disallows 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

➤Optional -Get a Counselor:

This training may bring things up that require more professional care. If you need help with this, please let our team know.