

# 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 2. 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 2:CONTEXT

### themes-exegesis + seeding

#### heart

##### ➤ 3 Day Prayer Retreat:

\*This is an extended time of retreating from our ministry responsibilities, retreating from our devices and the voices around us in order to rest and hear from the Lord. Jesus extended a similar invitation to his disciples in Mark 6:31. You can engage in napping, reading, resting, whatever brings you joy before the Lord, but this is focused around intentional time of prayer with God.

##### ➤ Weekly Prayer of Examen:

\*[Prayer of Examen](#) (directions and resources on the bottom half of page).

##### ➤ 30 Min Daily Prayer/Devotion:

\*See notes from Training 1

#### hands

##### ➤ Rhythm of Prayer Walking:

\*[Resources for Prayer Walking](#)

##### ➤ Financially Participate in Church:

\*See Notes from Training 1

##### ➤ Say Yes to Everywhere You are Invited:

\*This is to develop your missional muscle, build community, and practice the way of Jesus (he always said yes to where he was invited and we want to do the same). Outside of that, there is freedom to have this look like whatever is authentic to you and your context.