



God created us in rhythm. He created day and night and rested. He created water and earth and rested. He created trees and plants and rested. He created seasons, reaping and sowing, awake and asleep.

We were created for rhythms and our life is full of them. Some intentional, some learned, some accidental.

Let's take an INVENTORY of our Rhythms: Which one's are helpful? Which one's are useless?

Current Helpful Patterns

Current Useless Patterns:

New, Helpful Patterns:

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