

RHYTHM OF WEEKLY

# PRACTICES

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REALITY CHURCH  
of STOCKTON



# Introduction

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Spiritual formation seeks to apply what we believe to how we live. Through daily practices, we learn to embrace God's eternal promises.

It's about growing godly habits that weaken sinful impulses, and promote Christlike character. Who we are and what we become often are not shaped by the big, memorable moments, but rather through our regular rhythms.

This guide for spiritual formation is a tool to help you connect daily with the transformative grace of Jesus—who alone changes us. Our hope is that you will discover simple and lasting ways to participate in the life of Christ.

May you experience the kind of growth you most deeply desire.

# Sunday

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## Gather and Worship

**I was glad when they said to me, “Let us go to the house of the LORD!”**

Psalm 122:1

The Sunday gathering, where Christians traditionally come together for worship, is one of the most valuable gifts that God has given to his people.

It is also one of the most important times and places for Christian discipleship and spiritual formation.

The consistent, week-by-week habit of gathering for worship, teaching, fellowship, giving, serving, and the Lord’s Supper is a life-giving gift to prioritize over all other typical weekend activities.



# Monday

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## Silence and Solitude

**O LORD, my heart is not lifted up;  
my eyes are not raised too high;  
I do not occupy myself with things  
too great and too marvelous for  
me. But I have calmed and  
quieted my soul, like a weaned  
child with its mother; like a  
weaned child is my soul within  
me.** Psalm 131:1–2

The pace of your Monday will likely shape the rest of your week. Before your day becomes hurried, dominated by schedules and task lists, begin in silence and solitude.

Carve out a time and space at the very beginning of your day to allow God to have the first word over your day, and week. Let Jesus eliminate your hurried posture and determine your pace. Let his voice calm your soul.

**“We begin the day in silence  
because God should have the first  
word. We end the day in silence  
because God should have the last  
word.”** Dietrich Bonhoeffer.



## Tuesday

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### Generous Blessing

**You will be enriched in every way to be generous in every way, which through us will produce thanksgiving to God. For the ministry of this service is not only supplying the needs of the saints but is also overflowing in many thanksgivings to God. 2 Corinthians 9:11–12**

Look for opportunities to serve and support those in need. (Examples: providing groceries, cooking for those working long hours, helping with bills for those out of work, buying someone lunch or a coffee, volunteer with a ministry or community organization.)

Pray specifically for the vulnerable and those in need in our community, our city, and our world. Also, pray for our deacons who care for the practical needs of the church.



## Wednesday

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### Awe and Wonder

**So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you.** Psalm 63:2–3

The Bible describes the whole earth as being full of God's glory. Go outside and intentionally behold the majesty of God on display in the world around you. Even brief, daily experiences of awe can change your outlook and attitude. It makes you aware of how big God is, and how small you are. It draws you out of yourself and self-focus, to be more attuned to the beauty and opportunities that exist all around.







## Thursday

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### Reaching Out

**Therefore encourage one another and build one another up, just as you are doing.** 1 Thessalonians 5:11

**Connect with another believer:**

Reach out to someone within your church community for the sake of encouragement, accountability, and prayer. Let them know they matter to you and matter to God. Convey love and appreciation.

**Connect with someone who is unchurched/de-churched:**

Reach out to someone outside of the Christian community for the sake of evangelizing, inviting to church, or offering some form of relational support in the name of Jesus.

## Friday

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### Fasting

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.” Matthew 5:6

Spiritual formation isn't theoretical or sentimental. It's practical. This is why fasting is so helpful. It brings the mind, heart, and body into alignment in devotion to Jesus.

“Fasting is an opportunity to lay down an appetite – an appetite for food, for media, for shopping. This act of self-denial may not seem huge – it's just a meal or a trip to the mall – that brings us face-to-face with the hunger at the core of our being. Fasting exposes how we try to keep empty hunger at bay and gain a sense of well-being by devouring creature comforts. Through self-denial, we begin to recognize what controls us.” Adele Ahlberg Calhoun

There are various fasts that you may choose to engage over 24 hours:

- **Absolute Fast:** No food (so long as this does not pose an immediate health risk)
- **Solid Food Fast:** Fruits and vegetables only [Daniel Fast]
- **Partial Fast:** Cutting out meat, sugar, bread, or some other item
- **Alternative Fast:** Eliminating social media, entertainment, cosmetics, shopping, or some other luxury





## Saturday

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### Rest and Reflect

**The apostles returned to Jesus and told him all that they had done and taught. And he said to them, “Come away by yourselves to a desolate place and rest a while.” Mark 6:30-31a**

Rest (sabbath) is built into the basic framework of life and flourishing. In the process of creating, God rested. God welcomes us into his rest. Sadly, we are often in such a frenzy that rest is neglected or expendable. Set aside a day without work, in order to honor your body’s need to rest and your soul’s need for refreshing in God’s presence. Reflect on your week. What can you celebrate? What should you grieve? Talk to God about these things. Write them down so that you can recall what God is doing later down the road.

**“Sabbath is about withdrawal from the anxiety system of Pharaoh, the refusal to let one’s life be defined by production and consumption and the endless pursuit of private well-being...In our own contemporary context of the rat race of anxiety, the celebration of Sabbath is an act of both resistance and alternative. It is resistance because it is a visible insistence that our lives are not defined by production and consumption.” Walter Brueggemann**