

A person wearing a grey button-down shirt is holding an open book with both hands. The person is sitting, and their legs are visible in the bottom left corner. In the background, there is a potted plant with green leaves and a woven basket. The scene is softly lit, creating a calm and focused atmosphere.

Unhurried Rhythms

Everyday Practices for Everyday People



- Intro to Unhurried Rhythms:
What and how to make a rule of life
- Prayer
- Scripture pt 1
- Scripture pt 2
- Silence/solitude in conjunction
with Technology
- Sabbath
- Fellowship

Communion

Exodus 12:21-23

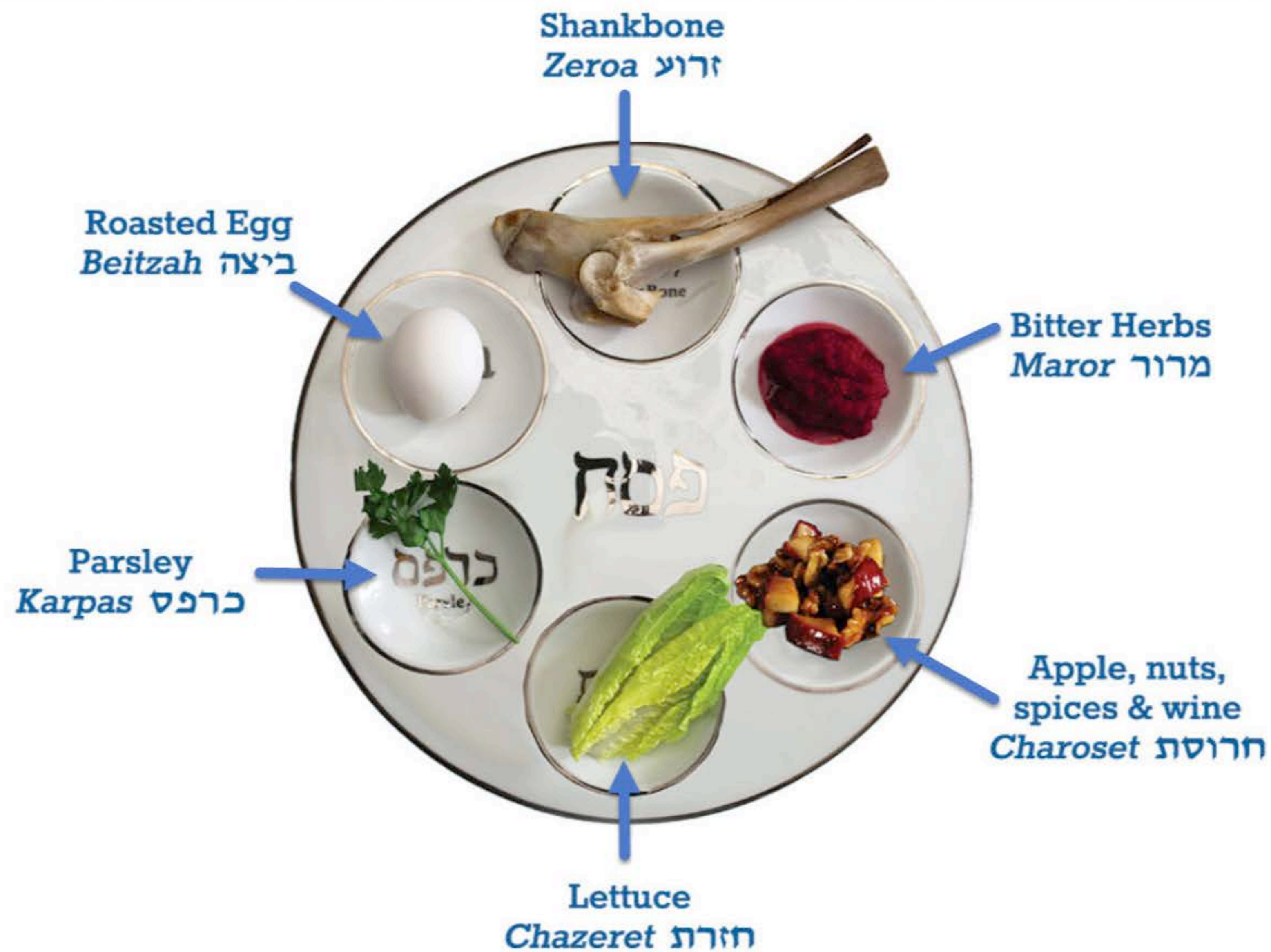
**Then Moses summoned all the elders of Israel and said to them,
“Go at once and select the animals for your families and
slaughter the Passover lamb.**

Exodus 12:21-23

Take a bunch of hyssop, dip it into the blood in the basin and put some of the blood on the top and on both sides of the doorframe. None of you shall go out of the door of your house until morning.

Exodus 12:21-23

When the Lord goes through the land to strike down the Egyptians, He will see the blood on the top and sides of the doorframe and will pass over that doorway, and He will not permit the destroyer to enter your houses and strike you down.”



Communion is:

- A time to listen to God
- A time to talk to God
- A time to repent
- An opportunity to live out of the truth of forgiveness

Communion is a time to listen to God.

1 Kings 18:40

There he came to a cave and lodged in it. And behold, the word of the Lord came to him, and He said to him, “What are you doing here, Elijah?” He said, “I have been very jealous for the Lord, the God of hosts.

1 Kings 18:40

For the people of Israel have forsaken Your covenant, thrown down your altars, and killed Your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.” And He said, “Go out and stand on the mount before the Lord.”

1 Kings 18:40

And behold, the Lord passed by, and a great and strong wind tore the mountains and broke in pieces the rocks before the Lord, but the Lord was not in the wind. And after the wind an earthquake, but the Lord was not in the earthquake.

1 Kings 18:40

And after the earthquake a fire, but the Lord was not in the fire. And after the fire the sound of a low whisper. And when Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

Meditation/Silence/Solitude

Scripture reading

Communion is a time to talk to God.

Lament – Oxford Languages Dictionary

“A passionate expression of grief and sorrow.”

Psalm 130:1

Out of the depths I cry to You, O Lord; Lord, hear my voice!

Psalm 6:3

My soul is in deep anguish. How long, Lord, how long?

Psalm 38:9-11

All my longings lie open before You, Lord; my sighing is not hidden from You. My heart pounds, my strength fails me; even the light has gone from my eyes.

Psalm 38:9-11

**My friends and companions avoid me
because of my wounds; my neighbors stay far away.**

Psalm 145

**I will exalt You, my God the King;
I will praise Your name for ever and ever.**

Psalm 145

**Every day I will praise You
and extol Your name for ever and ever.**

Psalm 145

**Great is the Lord and most worthy of praise;
His greatness no one can fathom.**

Psalm 145

One generation commends Your works to another;
they tell of Your mighty acts.

Psalm 145

**They speak of the glorious splendor of Your majesty—
and I will meditate on Your wonderful works.**

Psalm 145

**They tell of the power of Your awesome works—
and I will proclaim Your great deeds.**

Psalm 145

**They celebrate Your abundant goodness
and joyfully sing of Your righteousness.**

Psalm 145

The Lord is gracious and compassionate,
slow to anger and rich in love.

Psalm 145

**The Lord is good to all;
He has compassion on all He has made.**

Psalm 145

**All Your works praise You, Lord;
Your faithful people extol You.**

Psalm 145

They tell of the glory of Your kingdom
and speak of Your might,

Psalm 145

**so that all people may know of Your mighty acts
and the glorious splendor of Your kingdom.**

Psalm 145

**Your kingdom is an everlasting kingdom,
and Your dominion endures through all generations.**

Psalm 145

**The Lord is trustworthy in all He promises
and faithful in all He does.**

Psalm 145

**The Lord upholds all who fall
and lifts up all who are bowed down.**

Psalm 145

**The eyes of all look to You,
and You give them their food at the proper time.**

Psalm 145

**You open Your hand
and satisfy the desires of every living thing.**

Psalm 145

The Lord is righteous in all His ways
and faithful in all He does.

Psalm 145

The Lord is near to all who call on Him,
to all who call on Him in truth.

Psalm 145

**He fulfills the desires of those who fear Him;
He hears their cry and saves them.**

Psalm 145

**The Lord watches over all who love Him,
but all the wicked He will destroy.**

Psalm 145

My mouth will speak in praise of the Lord.

Let every creature praise His holy name for ever and ever.

Communion is a time to repent.

Repentance and Confession

Repentance is the act between us and God asking for forgiveness. Confession is the second piece leading to accountability with a brother/sister in Christ. This, albeit hard, awkward and uncomfortable is crucial to our transformation in Christ.

**Communion is an opportunity to live
out of the truth of forgiveness**

John 3:16-18

“For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. For God did not send His Son into the world to condemn the world, but to save the world through Him.

John 3:16-18

Whoever believes in Him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son."