

# WEEK 002.

MON. SEPT. 28TH  
- SUN, OCT. 4TH



## VERSE OF THE WEEK

"NOW WHEN DANIEL LEARNED THAT THE DECREE HAD BEEN PUBLISHED, HE WENT HOME TO HIS UPSTAIRS ROOM WHERE THE WINDOWS OPENED TOWARD JERUSALEM. THREE TIMES A DAY HE GOT DOWN ON HIS KNEES AND PRAYED, GIVING THANKS TO HIS GOD, JUST AS HE HAD DONE BEFORE."

**DANIEL 6:10**

## REFLECTION QUESTIONS

1. WHICH SPIRITUAL DISCIPLINE HAS HISTORICALLY BEEN HARDEST FOR ME TO MAINTAIN?
2. WHAT NORMALLY INTERRUPTS MY CONSISTENCY?
3. WHAT PRACTICAL ADJUSTMENT CAN I MAKE THIS WEEK TO PROTECT MY FORMED RHYTHMS?

**GOD, HELP ME BECOME CONSISTENT IN SEEKING YOU, EVEN WHEN MY FEELINGS DON'T COOPERATE. ESTABLISH RHYTHMS OF PRAYER AND DEVOTION IN MY LIFE THAT KEEP ME CLOSE TO YOU, AND GIVE ME THE DISCIPLINE TO BUILD TODAY WHAT WILL STRENGTHEN MY FAITH TOMORROW.**

**IN JESUS' NAME, AMEN.**



# YOUR 90-DAY RHYTHM

## FIRST 30

The first 30 days are about starting new rhythms. Don't worry about doing everything perfectly, just begin. Show up, build the habit, and give God something consistent to work with.

## SECOND 30

The second 30 days are about staying committed when the excitement wears off. Formation doesn't happen because you started; it happens because you stayed. This is where consistency becomes discipline.

## FINAL 30

The final 30 days are about finishing strong and making these rhythms your lifestyle. By now, we don't want you simply completing FORMED90, we want you becoming someone who prays, gives, gathers, and shares consistently.

## PRAY

- BUILD A CONSISTENT PRAYER LIFE. JOIN US EVERY TUESDAY AT 6AM
- PARTICIPATE IN PRAY 7—THE FIRST 7 DAYS OF EVERY MONTH AT 6AM.

## GIVE

- PRACTICE BIBLICAL GENEROSITY.
- TITHE CONSISTENTLY FOR THE NEXT 90 DAYS, OR IF YOU ALREADY TITHE, INTENTIONALLY GROW IN YOUR GENEROSITY.

## GATHER

- MAKE WORSHIP AND THE LOCAL CHURCH A PRIORITY.
- COMMIT TO ATTENDING CHURCH AT LEAST 3 TIMES EVERY MONTH.

## GROUP

- DON'T GROW ALONE.
- JOIN A B GROUP AND INTENTIONALLY BUILD RELATIONSHIPS THAT ENCOURAGE YOUR FAITH AND FORMATION.

## GO

- LIVE ON MISSION.
- INVITE AT LEAST ONE NEW PERSON TO CHURCH EVERY WEEK AND CREATE OPPORTUNITIES FOR SOMEONE ELSE TO EXPERIENCE JESUS.