



2023
Worship + Discipleship

This journal was created to offer you space to reflect on our monthly worship rhythms + themes as we grow in faith + relationship with Jesus.

How to use this journal:

This is your space. Take notes. Journal your thoughts or experiences. Write out your prayers.

You can use this journal for personal reflection, share with a discipleship or accountability partner, or with your home group?

Each month has a new theme to deepen our faith and our discipleship. Each month will also have a rhythm of weekly worship.

Using the monthly worship rhythms, there is also space to reflect on your practice and experience of the rhythms each week.

To print more pages for weekly reflection, go to www.circleofhopechurch.org/rhythms

Our prayer is that you can see how God is working in and around you this year and that you can see and experience God in new ways.

Monthly Reflection

How are you growing in each rhythm throughout the week, throughout the month, and throughout the year?

What does maturity or growth look like for you in each rhythm?

Weekly Reflection

Which rhythm did you enjoy the most? Which did you enjoy the least?

Where and how did you see any spiritual growth in yourself?

What scripture is coming to mind this week to help you grow in these rhythms?

Monthly Theme: _____

 PRAISE + SACRAMENT

 JUSTICE + MERCY

 COMMUNITY + MEAL

 PRAYER + MEDITATION

 REST + RETREAT

Week of: _____

 PRAISE + SACRAMENT



PRAYER + MEDITATION



REST + RETREAT
