

RHYTHM

a word for 2026

Rhythm of Grace

Matthew 11:28-30

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the **unforced rhythms of grace**. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

What was David?

David

Shepherd, musician, warrior, goliath, slayer, armour bearer, fugitive, leader, king

The rhythms that serve a shepherd, may not necessarily serve a warrior or a king.

There were rhythms from season that prepared him for the next. There were rhythms that served him in one season that were fruitless in the next.

Different seasons require different rhythms.

**Testimonies of being in rhythm,
Vs being out of rhythm**

What is your top button?

Psalm 37:23-24

23 The steps of a man are established by the Lord,
when he delights in his way;

24 though he fall, he shall not be cast headlong,
for the Lord upholds his hand.

Rhythms of Grace

His rhythms are for our benefit, preparing us for seasons to come. If we deny Him and instead continue with what we like and are comfortable with, even our traditions, we can end up ill-equipped for the seasons ahead of us.

Sometimes the place He prepares us, is not the place the preparing has prepared us for.

Daily Office

2 min silence before God

Commit your way to the LORD; trust in him, and he will act - Psalms 37:5

Be still before the lord and wait patiently for him - Psalm 37:7

The steps of a righteous man are ordered by the LORD, when he delights in his way; though he falls, he shall not be cast headlong, for the Lord upholds his hand
- Psalm 37:23

2 min silence