

The Rhythm of Daily Life and Sabbath; Part 1

1 Kings 19:11-13, Psalm 119:164, Daniel 6:10

1. We live in a spiritual _____!
2. Blizzards begin when we say yes to too many _____ in our lives.
 - a. We have lost the _____ in the blizzard.
 - b. _____ is always offering us the rope.
3. How do we get the rope back?
 - a. Found in two biblical spiritual disciplines.
 - I. "The Daily _____" or "Mini _____".
 - II. "_____"
 - b. Both of these will offer you a healthy _____ in your daily life that will enable you to hang onto the rope in the blizzard of life.
4. The term "Daily Office" could also be called "fixed hour of _____" or "Mini Sabbaths".
 - a. For the early church the "daily office" was always tied to the _____ of God. Colossians 3:23
 - b. David practiced set times for prayer _____ times a day. Psalm 119:64
 - c. Daniel prayed _____ times a day. Daniel 6:10
 - d. Get in the rhythm of _____ for God.
5. How do I _____ this healthy rhythm in my life?
 - a. Key elements for you to do in your daily life.
 - I. Learn to "_____", "_____"(Psalm 46:10), Practice "_____ and Solitude", "_____" (Psalm 139:5)
6. The purpose of the daily office with God is to remember God and commune with Him throughout our _____.
 - a. When we practice the presence of God through healthy rhythms we can _____ on to the rope that will carry us through the blizzard of life. Romans 8:38-39