Crafting A Personal Rhythm of Life	Relational Practices	Physical Practices	Spiritual Practices
daily			
Weekly			
Monthly			
Annually			

Examples	Relational Practices	Physical Practices	Spiritual Practices
daily	Relational touch points (phone call to friends/ family, conversation with spouse, etc).	Exercise, sleep, don't touch phone 1 hour after wake up and 1 hour before bed.	Quiet time, scripture, prayer.
Weekly	Meal with friends, Connect Group, date night, pray with a friend/spouse.	Sabbath (Rest), buy nothing day, simple schedule, healthy sexuality.	Church, prayer walk, fasting.
Monthly	Confession of sin, host a party/gathering, family night, invite someone to church.	Tithing, read a book, give someone a gift.	Day of silence & solitude,
Annually	Make a new friend, organize a weekend away with friends, go on a spiritual retreat with other believers.	Fasting, vacation, play on a sports team, take a class, annual doctor's check up.	Silence & solitude retreat, Read the whole Bible.