THREE RHYTHMS, ONE DISCIPLE

The A.C.T. *Rhythm.*

A*bide in Christ. In* **C***ommunity.* **T***ell Others About Him. The three rhythms that keep a disciple alive:* **daily, weekly, always.** *This card holds the framework and gives you room to name your own goals for this season.*

RHYTHM 01

A
Abide in Christ

DAILY · ALONE WITH HIM

The starting place. Before any service, action, or telling, remain in Him.

HABITS TO CONSIDER

- Reading Scripture (10–30 min)
- Praying the Psalms
- Meditating on His Word
- Memorizing Scripture
- Anything that keeps you in His presence

MY DAILY ABIDING HABIT

MY DAILY PRAYER HABIT

RHYTHM 02

C
In Community

WEEKLY · WITH HIS BODY

You weren't designed to grow alone. The Spirit works in community.

HABITS TO CONSIDER

- One of the four discipling relationships: Bible Study, Life Group, D-Group, or Paul–Timothy
- The Sunday gathering, faithfully
- Confession to a trusted brother or sister
- Hospitality: a meal a month with someone new
- Anything that keeps you connected to His body

WHO'S DISCIPLING ME

MY DISCIPLING COMMUNITY

RHYTHM 03

T
Tell Others About Him

ALWAYS · EVERYWHERE YOU GO

There is no off-duty disciple. Every conversation is an open door.

HABITS TO CONSIDER

- Turning an everyday conversation into a gospel conversation
- One person you're praying for who doesn't yet know Jesus
- Real friendship with people outside the church
- Your work as worship, done *for Him*
- A monthly act of service in your neighborhood

PERSON I'M PRAYING FOR

WHERE I'LL TELL THIS WEEK

The three rhythms **work together.** *Take any one out and the other two wither. Take all three on and the Spirit grows you faster than you'd thought possible.*

My rhythm this season

Pick one specific commitment per rhythm. Make it small enough to keep.

A · ABIDE IN CHRIST DAILY _____

C · IN COMMUNITY WEEKLY _____

T · TELL SOMEONE THIS WEEK _____

SOMEONE WHO'LL CHECK IN WITH ME _____

DATE & SIGNATURE _____

PAGE TWO · TAKE YOUR TIME HERE

Where will you get plugged in?

Schedules and leaders change every season, so this page won't try to list them. What it will do is help you think it through, and help you write down where you're headed.

> NOT SURE WHERE TO START?
>
> Current Bible Studies, Life Groups, D-Groups, and Paul–Timothy openings are listed at **ashealliance.org/discipleship**. Still not sure? Talk with a pastor, elder, or your Life Group leader. They would love to help you find the right fit.

THE FOUR DISCIPLING RELATIONSHIPS · CIRCLE ONE OR MORE

Bible Study	Life Group	D-Group	Paul–Timothy

THINK IT THROUGH

Which relationship am I drawn to, and why?

What's held me back from joining one already?

Who's one person I could ask this week to help me find one?

My intention

Name it. A real step, by a real date.

THE RELATIONSHIP I'LL PURSUE _____

MY FIRST STEP _____

BY WHEN _____ DATE & SIGNATURE _____

"They devoted themselves to the apostles' teaching, to the fellowship, to the breaking of bread, and to prayer." ACTS 2 : 42