



# Unforced Rhythms

DAY 1

***“Come to me...”***

Matthew 11:28a

I respond to your invitation Lord Jesus to come.  
May I become more aware of your presence in  
every moment: in the mundane, in the movement,  
in the meetings and in the mishaps.



# Unforced Rhythms

DAY 2

***"All those the Father gives me will come to me, and whoever comes to me I will never drive away."***

**John 6:37**

**Most merciful God, I confess that I have sinned against you in thought, word, and deed, by what I have done, and by what I have left undone. Thank you that you receive me just as I am.**



# Unforced Rhythms

DAY 3

*“Come to me, all you who are  
weary and burdened,  
and I will give you rest.”*

John 6:37

Father, you promise rest to your beloved ones.

I receive the gift of your rest today.

Jesus, you ask to be with me in my rest.

I invite your presence into my weariness.

Spirit, you breathe new life into my soul.

I welcome your love and ask you to  
reawaken my heart to wonder.



# Unforced Rhythms

DAY 4

***“Let the one who is thirsty come;  
and let the one who wishes take the  
free gift of the water of life.”***

Revelation 22:17

Lord, you know the parched, dry places of my soul.  
May your living water fill me, surround me,  
and overwhelm me, bringing refreshing,  
nourishment and restoration.



# Unforced Rhythms

DAY 5

**Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."**

**Matthew 19:14**

**I humble myself and come into your presence as a child, knowing that because my Daddy's got me, I needn't be afraid.**



# Unforced Rhythms

DAY 6

*And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.*

Hebrews 11:6

I come before you Father with faith knowing that you hear and answer my prayers, not because of how good I am, but because of how good you are!



# Unforced Rhythms

DAY 7

***“The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”***

John 10:10

Holy One of God,  
may I find my life in your life:  
new life, meaningful life, real life.



# Unforced Rhythms

DAY 8

***So then, just as you received  
Christ Jesus as Lord,  
continue to live your lives in him.***

**Colossians 2:6**

**High King of Heaven, would you walk with me  
and talk with me as I seek to follow in your  
footsteps. Challenge me and change me,  
cleanse and rearrange me, until your fire  
burns brightly in my heart.**





# Unforced Rhythms

DAY 9

***So do not fear, for I am with you;  
do not be dismayed, for I am your God.  
I will strengthen you and help you;  
I will uphold you with my  
righteous right hand.***

Isaiah 41:10

Father, my strength, patience and compassion are finite. Thank you, that you are infinite. I surrender my worries, my fear and my responsibilities to you, trusting you to strengthen me and hold me steady.



# Unforced Rhythms

DAY 10

***"My sheep listen to my voice;  
I know them, and they follow me."***

**John 10:27**

**Eternal Father, open my heart to hear you speaking.  
May your presence be peace to me, your promise  
fuel faith in me, and your purpose be fulfilled  
in me throughout the day to come.**



# Unforced Rhythms

DAY 11

***Jesus replied... "The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor."***

**Matthew 11:4-5**

**Jesus, I confess that I'm often distracted, busy or apathetic to notice you are moving. Today, give me the ability to see what you're doing and where you're moving. May your priorities become my priorities.**



# Unforced Rhythms

DAY 12

***“Come, follow me,” Jesus said,  
“and I will send you out to fish for people.”  
At once they left their nets and  
followed him.  
Matthew 4:19***

Holy Spirit, I yield to your pace and your purpose for my life today. I hoist my sails and surrender; blow me wherever you will. I open my schedule and surrender; interrupt my carefully laid plans. I yield my heart and surrender; surprise me today I pray.



# Unforced Rhythms

DAY 13

***"Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."***

John 15:4

Prayer is both how God welcomes us into what he is doing and how we welcome God into what we are doing. As I abide in you Lord, may my will more closely align with yours and the line between my work and yours become increasingly fuzzy.



# Unforced Rhythms

DAY 14

***"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."***

**Matthew 11:29-30**

**Lord, I choose to let you set the pace today and trust that my stumbling steps will somehow get caught up in your perfect rhythm, bringing promise to the world I inhabit.**



# Unforced Rhythms

DAY 15

*Jesus replied: "Love the Lord your God  
with all your heart and with all your soul  
and with all your mind."*

Matthew 22:37

Thank you, Father, for loving me with all your heart,  
all your soul and all your mind. Inspire me this week  
to love you more with all of mine.



# Unforced Rhythms

DAY 16

***"A new command I give you:  
Love one another. As I have loved you,  
so you must love one another."***

**John 13:34-35**

**Thank you, Father, that you loved the world so much that you sent your only Son. Please help me to love the world with extraordinary generosity, being fully available and accessible, patient and present to each and every person I meet today.**





# *Unforced Rhythms*

DAY 17

*And pray in the Spirit on all occasions  
with all kinds of prayers and requests.  
With this in mind, be alert and always keep  
on praying for all the Lord's people.*

Ephesians 6:18

Help me Lord to not just seek a prayer life but a  
praying life. I invite you into my day - my eating,  
sleeping, working, playing day.



# Unforced Rhythms

DAY 18

***"Therefore go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you.***

***And surely I am with you always,  
to the very end of the age."***

**Matthew 28:19-20**

**God, empower me with your Spirit that I might engage with your purpose and mission today. May I recognise where you are creatively at work in people's lives and in different situations and join in.**



# *Unforced Rhythms*

DAY 19

***The King will reply, 'Truly I tell you,  
whatever you did for one of the least of  
these brothers and sisters of mine,  
you did for me.'***  
Matthew 25:40

**Lord, may I be your tender arm of compassion  
and your gentle voice of acceptance to those  
who most need it.**



# *Unforced Rhythms*

DAY 20

***He said to them,  
"Go into all the world and preach  
the gospel to all creation."***

**Mark 16:15**

**I pray for my church and for other churches in my community. Send us your Spirit of wisdom and boldness as we seek to share the good news of Jesus with those we meet.**



# *Unforced Rhythms*

DAY 21

*In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.*

Mark 16:15

Light of God, let my life bring out the God-colours in every situation I encounter today, so others can taste and see how good you are.