

# Cultivate Spiritual Rhythms Debrief Guide

## INSTRUCTIONS

These debrief guides have been provided to summarize the objectives, takeaways, and opportunities for discussion as you equip and develop your CSM. The guide is designed to provide options instead of a prescriptive step-by-step for each course. Each of the Reflection Questions are taken directly from the course, while the Discipleship Moments provide opportunities for practical ministry development based on the course content.

Here are some decisions you might make as you determine how to use it with a CSM:

- If discussing the whole course together in **one sitting**, select 2-3 Reflection Questions and one Discipleship Moment to work on together. You might ask the CSM which sections were most intriguing or most challenging and tailor your approach to their interests, or you might identify sections you think would be most helpful, depending on their current strengths and gaps in skills.
- If you want to spend **several sessions** discussing the course and working on it in-depth with your CSM, devote a separate session for each chapter of the course. Discuss the Reflection Questions first in your meeting, then work on one Discipleship Moment together each time. Your CSM should implement their work from the Discipleship Moment before your next 1:1 and discuss what happened.
- Use the Next Steps suggestions at the end of the guide to identify 1-2 appropriate applications with your CSM after you finish discussing the course.

**COURSE:** Cultivate Spiritual Rhythms  45 min

*We long for spaces that help us grow closer to each other and to the God who created us. We can cultivate these by incorporating spiritual practices such as prayer, worship, Scripture reading, Sabbath, testimony sharing, and fasting.*

## LEARNING OBJECTIVES

- Identify the benefits of a healthy culture of spiritual rhythms and why communal spiritual practices are essential for a thriving ministry
- Assess your community's communal practices like testimony sharing and Sabbath-keeping
- Process with God and yourself some of the common barriers for leaders and create a plan to help you and your ministry grow in spiritual rhythms

**PREREQUISITE:** Cultivating Intimacy with God Together

Your supervisee should have a solid understanding of the following concepts from "Cultivating Intimacy with God Together" before moving on to this course.

- Different ways to incorporate prayer into your small groups
- Different ways to incorporate worship into your small groups

## COURSE TAKEAWAYS

- Spiritual rhythms help us grow closer to God and each other
- When we engage in communal spiritual practices, we're better equipped to overcome barriers, hold each other accountable, and model practices to newcomers

## DEBRIEF OPPORTUNITIES

	Reflection Questions	Discipleship Moments
<b>Chapter 2: What are Communal Spiritual Rhythms?</b>	<p>Lesson 1</p> <ul style="list-style-type: none"> <li>Consider the term "communal spiritual rhythms." Reflect on the following: <ul style="list-style-type: none"> <li>Which element feels most familiar? Which is new to you?</li> <li>When have you observed communal spiritual rhythms in action? What stood out?</li> </ul> </li> <li>What about communal spiritual rhythms excites or challenges you?</li> </ul> <p>Lesson 2</p> <ul style="list-style-type: none"> <li>Take a moment to reflect on a Christian community that felt life-giving and healthy to you. What made it feel that way? How were spiritual practices modeled?</li> <li>Take a moment to reflect on some of these unhealthy characteristics. Which ones have you encountered?</li> </ul>	<p>Lesson 2</p> <p>Help the CSM think through which unhealthy characteristics of spiritual rhythms their community may be susceptible to.</p>
<b>Chapter 3: Putting it into Practice</b>	<p>Lesson 1</p> <ul style="list-style-type: none"> <li>What are your ministry's current communal spiritual rhythms? Consider all of your rhythms: Daily, weekly, monthly, quarterly/semesterly, and yearly. Write them down and consider how life-giving and transformative they have been. If you don't currently have any communal spiritual rhythms, what have been the rhythms in a previous ministry or community?</li> </ul>	<p>Lesson 2</p> <p>Using the tips for inviting Non-Christians into Spiritual Practices, help your CSM practice how they would invite Non-Christians into the current spiritual rhythms of their chapter.</p>
<b>Chapter 4: Spiritual Practices to Incorporate into Your Rhythm</b>		<p>Pick one of the six spiritual practices listed and help your CSM think through how to help their chapter grow in incorporating that practice.</p>
<b>Chapter 5: Leading Culture Change</b>	<p>Lesson 1</p> <ul style="list-style-type: none"> <li>Reflect on your community's unique needs. What spiritual practices might bring freedom, renewal, and further intimacy with God?</li> </ul> <p>Lesson 2</p> <ul style="list-style-type: none"> <li>Debrief the questions around spiritual authority with your CSM. <ul style="list-style-type: none"> <li>What comes to mind when they hear the phrase "spiritual authority"?</li> <li>Do any of the doubts listed resonate with them?</li> <li>How might they confront and share those leadership insecurities?</li> </ul> </li> </ul>	<p>Lesson 3</p> <p>Pick 2-3 of the risks to spiritual leadership described and help your CSM work through the reflection questions. Discuss a next step for their leadership journey as they address these risks.</p>

## NEXT STEPS

- Take this [self-assessment](#) on cultivating spiritual rhythms
- Determine what barriers that you and your unique community need to overcome
- Figure out how to incorporate testimony into your regular meetings
- Make a Sabbath plan for yourself and plan a meeting to decide on a communal Sabbath day