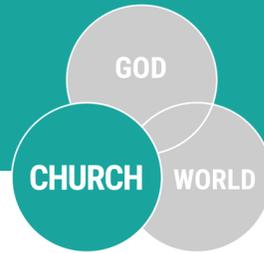


ACCOUNTABILITY

I allow open and honest feedback in my life.



James 5:16 *Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.*

Feedback can feel frightening, but we need more than just our own self-reflection to know how we come across, or if our faith practices are producing the results God wants.

Rhythm practices:

Inventory

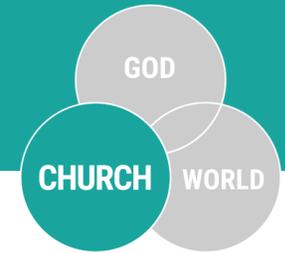
- Identify a person whose opinion you value and trust.
- Remember a time when someone challenged how you were acting, and how it changed your dynamic with that person or others.
- Consider a value you have, or a principle you think is important and make a list of ways you are or aren't living by that value or principle..

Actions

- Tell the person you identified above that you trust their opinion and you're interested in ways they think you might improve as a person or Christian.
- Thank someone who has given you feedback that changed a behavior you didn't know was a problem.
- Repair a situation or dynamic that has been out-of-order. Ask forgiveness, tell the people involved you recognize why it was wrong. Ask what they would like you to do to repair any damage caused.

ENCOURAGEMENT

I support and strengthen others in their walk with Jesus.



Hebrews 10:24-25 - *And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching*

One definition of “encouragement” is to “put courage into”. There are so many times in life when we run out of resilience, patience or courage. We are dependent on the presence and power of God and others to reenergize us to continue to face the challenges that life throws at us.

Rhythm Practices:

Daily Encouragement Exercises

- Choose someone you know is facing a challenge in life and call or text them asking how you can pray for them and then pray for them on the spot.
- In Sunday School or small groups, make a point of telling someone how their words and actions encouraged you.
- Take a moment to consider a time when you were discouraged or overwhelmed and someone encouraged you. Write them a note or text them a thank you.

Look For Opportunities to Encourage

- If a family member has “come a long way”, recognize it and celebrate with them.
- If someone you live near hasn't been seen much through the winter, check in and tell them you've missed seeing them..
- If someone has been wrestling with a personal struggle or addiction, reach out and remind them that you are there if they need to talk.