



# Rhythms Journal

FALL '23

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Christ Covenant  
221 Armour Dr. NE  
Atlanta, GA 30324

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WEEK OF  
September 3, 2023

Jesus: The Deliverer

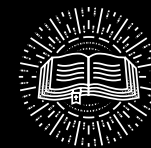
Colossians Series

Colossians 1:1-14

Monthly Scripture Memory

Colossians 1:16

“For in him all things were created: things in heaven  
and on earth, visible and invisible, whether thrones or  
powers or rulers or authorities; all things have been  
created through him and for him.”



# Sunday, September 3, 2023

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**CALL TO WORSHIP**

Psalm 100

**SERMON**

TBD  
Colossians 1:1-14

**PREACHER**

Jason Dees

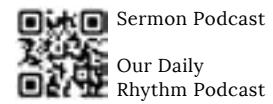
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**SERMON NOTES**

Lined area for sermon notes.

Lined area for additional notes or reflections.

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**LISTEN**

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**ACTION ITEMS**

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Thursday, September 7, 2023

READ

Isaiah 41:21-29

MEMORIZE

“For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.”  
- Colossians 1:16

REFLECTIONS

What does this passage teach us about God’s character?

In light of this passage, what can you thank God for?

NOTES

Lined writing area for reflections and notes.

LISTEN



Our Daily Rhythm Podcast

ACTION ITEMS

Five circular checkboxes for action items.







WEEK OF  
September 10, 2023

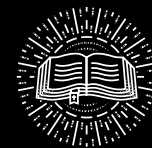
Jesus: The Fullness

Colossians Series  
Colossians 1:15 - 23

Monthly Scripture Memory

Colossians 1:16

“For in him all things were created: things in heaven  
and on earth, visible and invisible, whether thrones or  
powers or rulers or authorities; all things have been  
created through him and for him.”



















WEEK OF  
September 17, 2023

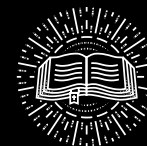
Jesus: The End of Maturity

Colossians Series  
Colossians 1:24-2:5

Monthly Scripture Memory

Colossians 1:16

“For in him all things were created: things in heaven  
and on earth, visible and invisible, whether thrones or  
powers or rulers or authorities; all things have been  
created through him and for him.”





# Monday, September 18, 2023

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**READ**

Isaiah 46

**MEMORIZE**

“For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.”  
– Colossians 1:16

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**REFLECTIONS**

What does this passage teach us about God’s character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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# Thursday, September 21, 2023

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**READ**

Isaiah 48:12-22

**MEMORIZE**

“For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.”  
– Colossians 1:16

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**REFLECTIONS**

What does this passage teach us about God’s character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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WEEK OF  
September 24, 2023

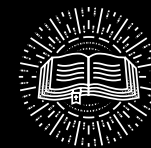
Jesus: The Way to Life

Colossians Series  
Colossians 2:6-15

Monthly Scripture Memory

2 Corinthians 5:15

And he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.





# Monday, September 25, 2023

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**READ**

Isaiah 51:1-11

**MEMORIZE**

“For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.”  
– Colossians 1:16

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**REFLECTIONS**

What does this passage teach us about God’s character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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# Friday, September 29, 2023

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**READ**

Isaiah 54

**MEMORIZE**

“For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him.”  
– Colossians 1:16

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**REFLECTIONS**

What does this passage teach us about God’s character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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WEEK OF  
October 1, 2023

## Stewardship

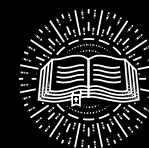
Mercy & Justice Series

Matthew 25:14-30

Monthly Scripture Memory

Matthew 25:34-36

“Then the King will say to those on his right, ‘Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’”





# Monday, October 2, 2023

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**READ**

Amos 1:3-2:3

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' - Matthew 25:34-36

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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# Friday, October 6, 2023

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**READ**

Amos 3:1-8

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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Saturday, October 7, 2023

READ

Amos 3:9-15

MEMORIZE

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' - Matthew 25:34-36

REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

NOTES

Lined writing area for reflections and notes.

LISTEN



Our Daily Rhythm Podcast

ACTION ITEMS

- List of five empty circles for tracking action items.

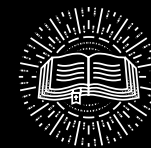
WEEK OF  
October 8, 2023

A Vision for the City  
Mercy & Justice Series

Monthly Scripture Memory

Matthew 25:34-36

“Then the King will say to those on his right, ‘Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’”





# Monday, October 9, 2023

**READ**

Amos 4:6-13

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

**NOTES**

Dotted lines for writing reflections and notes.

**LISTEN**



Our Daily Rhythm Podcast

**ACTION ITEMS**

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Tuesday, October 10, 2023

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**READ**

Amos 5:1-7

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**



Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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# Wednesday, October 11, 2023

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## READ

Amos 5:8-17

## MEMORIZE

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

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## REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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## NOTES

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## LISTEN



Our Daily  
Rhythm Podcast

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## ACTION ITEMS

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# Friday, October 13, 2023

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**READ**

Amos 6

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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Saturday, October 14, 2023

READ

Amos 7:1-9

MEMORIZE

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' - Matthew 25:34-36

REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

NOTES

Lined writing area for reflections and notes.

LISTEN



Our Daily Rhythm Podcast

ACTION ITEMS

- Five empty circles for action items.

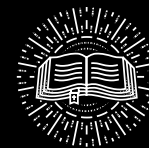
WEEK OF  
October 15, 2023

**Compassion**  
Mercy & Justice Series  
Matthew 25:31-46

Monthly Scripture Memory

Matthew 25:34-36

“Then the King will say to those on his right, ‘Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’”



# Sunday, October 15, 2023

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CALL TO WORSHIP	SERMON	PREACHER
Psalm 113:1-9	Compassion Matthew 25:31-46	Jason Dees

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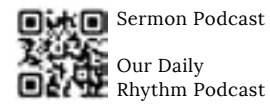
## SERMON NOTES

Lined area for sermon notes.

Lined area for additional notes or reflections.

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### LISTEN



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### ACTION ITEMS

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# Monday, October 16, 2023

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**READ**

Amos 8:1-3

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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Tuesday, October 17, 2023

READ

Amos 8:4-14

MEMORIZE

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' - Matthew 25:34-36

REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

NOTES

Lined writing area for reflections and notes.

LISTEN



Our Daily Rhythm Podcast

ACTION ITEMS

- Five empty circles for action items.

# Wednesday, October 18, 2023

**READ**

Amos 9:1-10

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

**NOTES**

Lined writing area for reflections and notes.

**LISTEN**



Our Daily Rhythm Podcast

**ACTION ITEMS**

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# Thursday, October 19, 2023

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**READ**

Amos 9:11-15

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily Rhythm Podcast

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**ACTION ITEMS**

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# Friday, October 20, 2023

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**READ**

Psalm 82

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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Saturday, October 21, 2023

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**READ**

Psalm 113

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**



Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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WEEK OF  
October 22, 2023

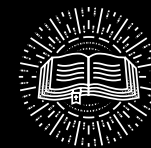
Jesus: The Substance

Colossians Series  
Colossians 2:16-23

Monthly Scripture Memory

Matthew 25:34-36

“Then the King will say to those on his right, ‘Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.’”





# Monday, October 23, 2023

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**READ**

2 Thessalonians 1:5-12

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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Tuesday, October 24, 2023

READ

2 Thessalonians 2:1-12

MEMORIZE

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' - Matthew 25:34-36

REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

NOTES

Lined writing area for reflections and notes.

LISTEN



Our Daily Rhythm Podcast

ACTION ITEMS

- Five empty circles for action items.

# Wednesday, October 25, 2023

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## READ

2 Thessalonians 2:13-17

## MEMORIZE

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

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## REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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## NOTES

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## LISTEN



Our Daily Rhythm Podcast

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## ACTION ITEMS

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Thursday, October 26, 2023

READ

2 Thessalonians 3:1-5

MEMORIZE

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' - Matthew 25:34-36

REFLECTIONS

What does this passage teach us about God's character?

Dotted lines for reflection notes.

In light of this passage, what can you thank God for?

Dotted lines for reflection notes.

NOTES

Dotted lines for notes.

Dotted lines for notes.

LISTEN



Our Daily Rhythm Podcast

ACTION ITEMS

Five circles with dotted lines for action items.



# Friday, October 27, 2023

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**READ**

2 Thessalonians 3:6-12

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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Saturday, October 28, 2023

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**READ**

2 Thessalonians 3:13-15

**MEMORIZE**

Then the King will say to those on his right, 'Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.'  
- Matthew 25:34-36

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**



Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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WEEK OF  
October 29, 2023

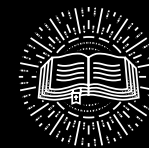
Jesus: The New Self

Colossians Series  
Colossians 3:1-17

Monthly Scripture Memory

Colossians 3:12

“Put on then, as God’s chosen ones, holy and beloved,  
compassionate hearts, kindness, humility, meekness,  
and patience,”





# Monday, October 30, 2023

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## READ

2 Peter 1:1-11

## MEMORIZE

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

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## REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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## NOTES

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## LISTEN



Our Daily  
Rhythm Podcast

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## ACTION ITEMS

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# Tuesday, October 31, 2023

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**READ**

2 Peter 1:12-15

**MEMORIZE**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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# Wednesday, November 1, 2023

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## READ

2 Peter 1:16-21

## MEMORIZE

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

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## REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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## NOTES

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## LISTEN



Our Daily  
Rhythm Podcast

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## ACTION ITEMS

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# Thursday, November 2, 2023

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## READ

2 Peter 2:1-3

## MEMORIZE

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
– Colossians 3:12

---

## REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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## NOTES

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## LISTEN



Our Daily  
Rhythm Podcast

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## ACTION ITEMS

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# Friday, November 3, 2023

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**READ**

2 Peter 2:4-10a

**MEMORIZE**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

---

**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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# Saturday, November 4, 2023

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**READ**

2 Peter 2:10b-16

**MEMORIZE**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
– Colossians 3:12

---

**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**



Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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WEEK OF  
November 5, 2023

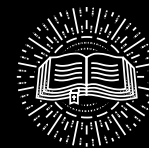
Jesus: The True Master

Colossians Series  
Colossians 3:18-4:1

Monthly Scripture Memory

Colossians 3:12

“Put on then, as God’s chosen ones, holy and beloved,  
compassionate hearts, kindness, humility, meekness,  
and patience,”



# Sunday, November 5, 2023

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**CALL TO WORSHIP**

Matthew 11:28-30

**SERMON**

Jesus: The True Master  
Colossians 3:18-4:1

**PREACHER**

Jason Dees

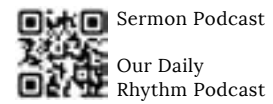
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**SERMON NOTES**

Lined area for sermon notes.

Lined area for additional notes.

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**LISTEN**

Sermon Podcast  
Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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# Monday, November 6, 2023

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**READ**

2 Peter 3:1-7

**MEMORIZE**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

---

**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily Rhythm Podcast

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**ACTION ITEMS**

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Tuesday, November 7, 2023

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**READ**

2 Peter 3:8-10

**MEMORIZE**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

---

**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

Lined writing area on the right side of the page.

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**LISTEN**



Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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Wednesday, November 8, 2023

READ

2 Peter 3:11-13

MEMORIZE

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, - Colossians 3:12

REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

NOTES

Lined writing area for reflections and notes.

LISTEN



Our Daily Rhythm Podcast

ACTION ITEMS

Five bullet points for action items.

# Thursday, November 9, 2023

---

**READ**

2 Peter 3:14-18

**MEMORIZE**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

---

**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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Friday, November 10, 2023

READ

Proverbs 11:1

MEMORIZE

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, - Colossians 3:12

REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

NOTES

Dotted lines for reflection and notes on the right side of the page.

LISTEN



Our Daily Rhythm Podcast

ACTION ITEMS

A vertical list of six empty circles for action items on the bottom right.



WEEK OF  
November 12, 2023

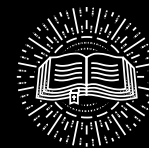
Jesus: The Answer

Colossians Series  
Colossians 4:2-6

Monthly Scripture Memory

Colossians 3:12

“Put on then, as God’s chosen ones, holy and beloved,  
compassionate hearts, kindness, humility, meekness,  
and patience,”







Tuesday, November 14, 2023

READ

Proverbs 11:9

MEMORIZE

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, - Colossians 3:12

REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

NOTES

Lined writing area for reflections and notes.

LISTEN



Our Daily Rhythm Podcast

ACTION ITEMS

- Five empty circles for action items.

# Wednesday, November 15, 2023

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**READ**

Proverbs 11:10-11

**MEMORIZE**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
– Colossians 3:12

---

**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**



Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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# Thursday, November 16, 2023

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## READ

Proverbs 11:12-13

## MEMORIZE

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

---

## REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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## NOTES

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## LISTEN



Our Daily  
Rhythm Podcast

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## ACTION ITEMS

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Friday, November 17, 2023

**READ**

Proverbs 11:14

**MEMORIZE**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

**NOTES**

Vertical dotted lines for reflection and notes on the right side of the page.

**LISTEN**



Our Daily Rhythm Podcast

**ACTION ITEMS**

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Saturday, November 18, 2023

READ

Proverbs 11:15

MEMORIZE

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, - Colossians 3:12

REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

NOTES

Lined area for reflections and notes on the right side of the page.

LISTEN



Our Daily Rhythm Podcast

ACTION ITEMS

- Five empty circles for action items.

WEEK OF  
November 19, 2023

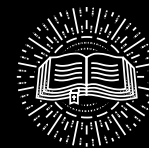
Jesus: The Head

Colossians Series  
Colossians 4:7-18

Monthly Scripture Memory

Colossians 3:12

“Put on then, as God’s chosen ones, holy and beloved,  
compassionate hearts, kindness, humility, meekness,  
and patience,”





# Monday, November 20, 2023

---

**READ**

Proverbs 11:20-21

**MEMORIZE**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

---

**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily Rhythm Podcast

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**ACTION ITEMS**

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Tuesday, November 21, 2023

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**READ**

Proverbs 11:22

**MEMORIZE**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**



Our Daily Rhythm Podcast

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**ACTION ITEMS**

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# Wednesday, November 22, 2023

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**READ**

Proverbs 11:23

**MEMORIZE**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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# Friday, November 24, 2023

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**READ**

Proverbs 11:27-28

**MEMORIZE**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
- Colossians 3:12

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**REFLECTIONS**

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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**NOTES**

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**LISTEN**

Our Daily  
Rhythm Podcast

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**ACTION ITEMS**

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# Saturday, November 25, 2023

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## READ

Proverbs 11:29-31

## MEMORIZE

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,  
– Colossians 3:12

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## REFLECTIONS

What does this passage teach us about God's character?

In light of this passage, what can you thank God for?

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## NOTES

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## LISTEN



Our Daily  
Rhythm Podcast

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## ACTION ITEMS

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