

D-LIFE BOOT CAMP

Training for a lifestyle
of discipleship.



Keeping it Real
CHRISTIAN FELLOWSHIP

Pastor Dale L. Crawley Sr.

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20

Rev. Dr. Deborah Crawley, Teacher

Sis. Tammi Brown, Asst. Teacher

Spiritual Formation: Rhythms That Sustain a Healthy Soul

BIG IDEA

God forms people through consistent rhythms—not occasional moments.

KEY TRUTH

Moments inspire you... but rhythms sustain you.

THEOLOGICAL FOUNDATION

Creation – God designed life with rhythm (Genesis 1)

Covenant – God formed His people through rhythms (Deuteronomy 6:6–7)

Christ – Jesus lived in consistent rhythm (Luke 5:16)

Spirit – Growth happens over time (Galatians 5:22–23)

Church – Devotion creates stability (Acts 2:42)

COVENANT RHYTHMS (HOW GOD FORMED HIS PEOPLE)

Daily → Awareness of God (talking, teaching, living with God daily)

Weekly → Trust in God (Sabbath – stopping, trusting, resetting identity)

Seasonal → Remembering God (feasts that reminded them of God's faithfulness)

Yearly → Returning to God (atonement, repentance, renewal)

Generational → Passing Down Faith (teaching the next generation)

MODERN RHYTHMS (HOW WE LIVE THIS TODAY)

Daily → Time with God (prayer, Word, awareness)

Weekly → True Rest (Sabbath moments, stopping)

Seasonal → Reflect & Celebrate (intentional remembrance)

Yearly → Reflection & Renewal (spiritual reset)

Generational → Guide the Next Generation (discipleship)

REFLECTION QUESTIONS

1. Where have I been relying on moments instead of rhythms?

2. What rhythm is missing in my life?

3. What rhythm is currently shaping me (good or bad)?

PRACTICE

Choose ONE rhythm to begin this week:

DECLARATIONS

I don't need another moment—I need a rhythm. God meets me in daily patterns.
Consistency will sustain my soul.

REMEMBER

This is not about perfection... it's about rhythm. If you miss a day, don't quit—return.