

## Incarnational Rhythm Training Challenge:

### Week #1: Prayer is Air

1. Take some time in the morning before your day gets rolling and talk to God about the day ahead and the challenge of living out the Gospel with the people that you will be rubbing shoulders with. Use this practise prayer as a template if that is helpful!

*God I want to being used by you today.  
Help me care more about the needs of others,  
then about my own.  
Give me the courage to demonstrate your love  
to my world today.*

Amen.

2. Keep your eyes open for opportunities that God is bringing your way to connect with people.
3. Reflect on your day/week by journalling and/or sharing your experiences with someone else.