



# *Cadence*

Set the rhythm of your life in the coming year



“Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Matthew 11:29-30 MSG

Everything in life follows a rhythm. There are times when we seem to move at a slower pace, others when we’re moving so fast, we’re almost rushed off our feet because our cadence is driven by the issues of life. But in the middle of all this there is a cadence or rhythm that the Holy Spirit has designed for us to walk in per time. The rhythm of the Holy Spirit is not static and will change depending on what He is doing in the earth and in our lives at the time, which is why we must be sensitive to His tone and pace.

What dictates the rhythm of our life and how does this align (or not) with the Holy Spirit? How do we become more intentional about partnering with the Holy Spirit to create the cadence required to manifest success God’s way in the year to come and beyond? This series we dig into this and more, trusting the Holy Spirit to give us wisdom and understanding so we can learn His unforced rhythm of grace.

## Day 1

### Stillness

'Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.' Psalms 46:10

We live in a time where busyness isn't just a part of daily living, it's almost celebrated such that we are tempted to measure our impact and relevance by how packed our calendars are. The uncomfortable truth is that being busy doesn't always equate to being productive. In fact the more productive we want to be the more we need to streamline our calendars to focus on what really matters. This is true regarding both natural and spiritual matters. We cannot function effectively with God if we don't give Him the time He demands from us. Yes, there are times we will be called to take action, but we must first be still before Him to understand the steps we're supposed to take.

'Be still in the presence of the Lord , and wait patiently for him to act...!' Psalms 37:7

'Then Moses climbed up the mountain, and the cloud covered it. And the glory of the Lord settled down on Mount Sinai, and the cloud covered it for six days. On the seventh day the Lord called to Moses from inside the cloud.' Exodus 24:15-16

Moving according to the rhythm of the Holy Spirit means we must be willing to do things at His pace, not ours, regardless of what we see going on around us. We need to align with His pace to come into His presence, receive what He has for us, trusting that it will always be worth the wait. Moses waited for 6 days in the mountain before God spoke to him. It was after this that Moses received the template for the temple to be built, clear, detailed instructions for administration and the tablets inscribed with the terms of the covenant, what we now call the 10 commandments.

Imagine if Moses hadn't waited and became impatient on day 4 or 5. He could never have figured all these out himself. Stillness in God's presence gave him clarity, focus and clear direction and will do the same for us.

**Prayer:** Lord, I ask for the grace to be still in Your presence, knowing that every moment spent in stillness before You is an investment in my destiny.

## Day 2

### The Rhythm of the Word

“Your word is a lamp to guide my feet and a light for my path.” Psalms 119:105

A guide regulates or directs progressive motion or action. When there's a guide regulating our motion we know when and how to move and at what pace. This is what God's word does for us among many other things. Spending time in God's word sharpens our internal ability to accurately interpret what the Holy Spirit is saying and doing.

“I will worship toward Your holy temple, And praise Your name For Your lovingkindness and Your truth; For You have magnified Your word above all Your name.” Psalms 138:2

“Every word of God proves true. He is a shield to all who come to him for protection.” Proverbs 30:5

God's word acts as a plumbline for the decisions we take. God is not the author of confusion and will never have us do anything that contradicts His word. Thus we must know what His word says about a situation so we don't shortchange ourselves or let the enemy shortchange us. This is why knowing the word of God for ourselves is critical.

“For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.” Hebrews 4:12

“to make her holy and clean, washed by the cleansing of God's word.” Ephesians 5:26

God's word isn't just text like a newspaper or history book. It's backed by a life-giving spirit that has the power to dive straight to our motives, reveal our intentions, purify our hearts and redirect our steps. The more we spend time in His word, the clearer God's character becomes to us and the clearer we become regarding His intent, agenda and our required response. As we familiarise ourselves with His word, it becomes clearer when there's a discordant tune in our lives—something that's not aligning with the Holy Spirit's character.

**Prayer:** Lord let Your word be my greatest delight and treasure. Help me prioritise a hunger for Your word so it can set the one and pace for my life

## Day 3

### Perspective

'So Jesus explained, "I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing. Whatever the Father does, the Son also does.' John 5:19

When someone leads you in a dance routine, ideally your eyes will be on that person so you can mirror his/her movements. This way you stay in alignment with the rhythm and the movements you make. What we see determines how we position ourselves. This is why Jesus kept His eyes fixed on the Father as the Father was the one directing the movement. Jesus' perspective ensured He was always positioned at the centre of God's will. We live in the dispensation of the Holy Spirit and as such we must intentionally fix our eyes on Him otherwise our actions will be unrhythmic and uncoordinated.

'Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand. Think about the things of heaven, not the things of earth.' Colossians 3:1-2

'I say, 'You are gods; you are all children of the Most High.' Psalms 82:6

Our perspective determines the reality we experience. The natural atmosphere around is intentionally designed to keep us focused on this side of eternity and the things around us. This keeps us moving at the pace of what's commonly called the rat race. However, when we move with the Holy Spirit's rhythm, we come up to a higher level where we function according to the realities of heaven.

'Satan, who is the god of this world, has blinded the minds of those who don't believe. They are unable to see the glorious light of the Good News. They don't understand this message about the glory of Christ, who is the exact likeness of God.' 2 Corinthians 4:4

Though we have authority over the enemy and the things around us, we will be subject to the pressure they exert if we fail to recognize that we carry God in us, and He is the one that has all power. This keeps us at the level of standard living rather than as a powerful being that is the temple of the Holy Spirit.

**Prayer:** Lord grant me a revelation of the realities of heaven so I can fix my eyes on who You are and who I am in You.

## Day 4

### Moving by Discernment

“The person with the Spirit makes judgments about all things, but such a person is not subject to merely human judgments” 1 Corinthians 2:15

There’s a musical term called staccato which refers to notes that are short, abrupt and seemingly disconnected. This is what the rhythm of life will look and feel like if we move without discernment. As spiritual people we have a responsibility to exercise spiritual discernment in all things. Which means we’re constantly checking with the Holy Spirit to make the right judgement, leading us to flow fluidly with His rhythm.

“So I say, let the Holy Spirit guide your lives. Then you won’t be doing what your sinful nature craves.” Galatians 5:16

“The heart is deceitful above all things, And desperately wicked; Who can know it?”  
Jeremiah 17:9

When we ask the Holy Spirit to guide our lives, He goes beyond the activity alone and goes to the root to address the true intent. For instance, not everything that looks good is of God, not every door that opens to us was opened by God and not every endeavour we choose to undertake is automatically aligned to God’s agenda. As we let the Holy Spirit guide us, we get better at discerning the fingerprint of the enemy in a situation and also discerning good versus God. Our minds may deceive us if we focus on that alone as our thoughts will be skewed towards our desires, but the Holy Spirit shines such a powerful light on everything that the truth has no choice but to show up.

If we want our lives to follow the rhythm of God’s grace, yielding to the leadership of the Holy Spirit is non-negotiable. This calls for maturity on our part as yielding is also a call to die to self, knowing that this opens us up to the unlimited power of the Holy Spirit to find full expression in our lives.

**Prayer:** Lord I ask for help to yield to the Holy Spirit so I am led by His guidance and exercise sound spiritual judgment about all things.

## Day 5

### Patterns of Rest

“This is what the Sovereign Lord, the Holy One of Israel, says: “Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it.” Isaiah 30:15

We live in a time that glorifies busyness and activity, but without rest burning out is inevitable. From a musical perspective a rest is a period of silence, or a musical notation sign, that indicates when a musician should not play a note on their instrument. Rests are an essential part of music, contributing to the rhythm and groove of a piece. Musicians say the pattern of notes and rests creates rhythmic phrasing, which leads to the development of entire pieces of music. As with musical pieces, the rhythm of our lives must also include periods and patterns of rest so the entire symphony of our lives doesn't become distorted.

“Listen to my voice in the morning, Lord. Each morning I bring my requests to you and wait expectantly.” Psalms 5:3

“Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.” Mark 1:35

Rest from a spiritual perspective isn't necessarily the absence of activity. Rather it's a period of intentionally spending time with the Master Orchestrator. It's a recognition of the fact that we don't have what it takes to successfully live according to God's standards and patterns on our own, thus we must pause to establish connection with Him. We can pray throughout the day, but if we're to have a cadence to our lives, there must be specific periods committed to daily interaction with the Holy Spirit. Jesus patterned these periods take place in the morning as a means to set the tone for His day and that could be an example for us to follow. The key is consistency and the sanctity of the period.

“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.” Matthew 11:28

Rest also provides an avenue for us to refuel and recharge by pausing the fervency of activity so we can be still for a period. Absence of this leads to stress, anxiety and burnout. Stillness looks different to each of us, but the critical point is that we intentionally establish periods of stillness in our lives so we can refresh and regain energy for the journey ahead. Inserting rest into our lives enables us to establish a rhythm that helps us not only hear what God is saying to us, but to also gain the necessary perspective and strength to do what must be done.

**Prayer:** Lord help me set the patterns of rest I need so my life aligns with the cadence You have designed me to walk in.

## Day 6

### Finishing Well

“Finishing is better than starting...” Ecclesiastes 7:8

Cadence also refers to the final part of a musical structure as every rhythm has a start and a finish, with the finishing often more important than the start. As with life, it's important to start well, but more important to finish well. As we let the Holy Spirit guide the rhythm of our life we have the guarantee that we will start, continue and finish well by His grace.

“They shall still bear fruit in old age; They shall be fresh and flourishing” Psalms 92:14

“I have been young, and now am old; Yet I have not seen the righteous forsaken, Nor his descendants begging bread.” Psalms 37:25

God is very concerned not just about our starting but our finishing and finishing well. When we follow His rhythm, we have the assurance that whatever we align with Him on will last the test of time, not just here but also in eternity.

“You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.” Psalms 139:16

We have the assurance that God isn't trying to figure out the rhythm of our life. Rather as a master orchestrator He wrote the musical pieces of our lives long before we were even born. This gives us the assurance that we are in safe hands, regardless of what the pace is at the time. Everything He takes us through is designed to culminate in us being refined so we mature into the full character of Jesus thus ensuring the tune our life plays carries us through this side of life into eternity.

“And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.” Philippians 1:6

God doesn't abandon projects, He is committed to seeing everything He has said come to reality in our lives if we are willing to partner with Him on the journey. This means that regardless of what we may face, He is consistently by our side. Encouraging us when we are down, strengthening us when we are weak, redeeming us when we err and return to Him in repentance. Partnering with Him is the best way to ensure the music of our lives plays in a manner that is consistent with the divine orchestra.

**Prayer:** Lord thank You for being intentional about the rhythm of my life. Help me keep my eyes fixed on You trusting that You've already planned my end from the beginning and will consistently be by my side to see it through



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