

Start the weekly rhythm.

Seven small practices, one Mon-Sun cycle. Print the week, save the rhythm, and come back Sunday at 9 PM.

- MON - Encourage:** Speak one true thing over someone who is tired. Send the text, not the speech.
- TUE - Give:** Find the smallest thing on your desk. Let it go. Generosity rehearsed daily.
- WED - Call:** Pick up the phone. Voice carries what text cannot. One hour of relationship.
- THU - Serve:** Do the invisible task nobody asked for. The dishwasher, the footnote, the prep.
- FRI - Forgive:** Rehearse the small release. One offense. Lay it down before Sunday.
- SAT - Worship:** Quiet for an hour. Read, pray, sit. Let the week land without an audience.
- SUN - Begin Again:** Re-pledge. The cycle is the practice; the practice is the cycle.

Make Today A Sondag. A printable Mon-Sun rhythm read once, fold, put on the fridge, and come back Sunday at 9 PM.