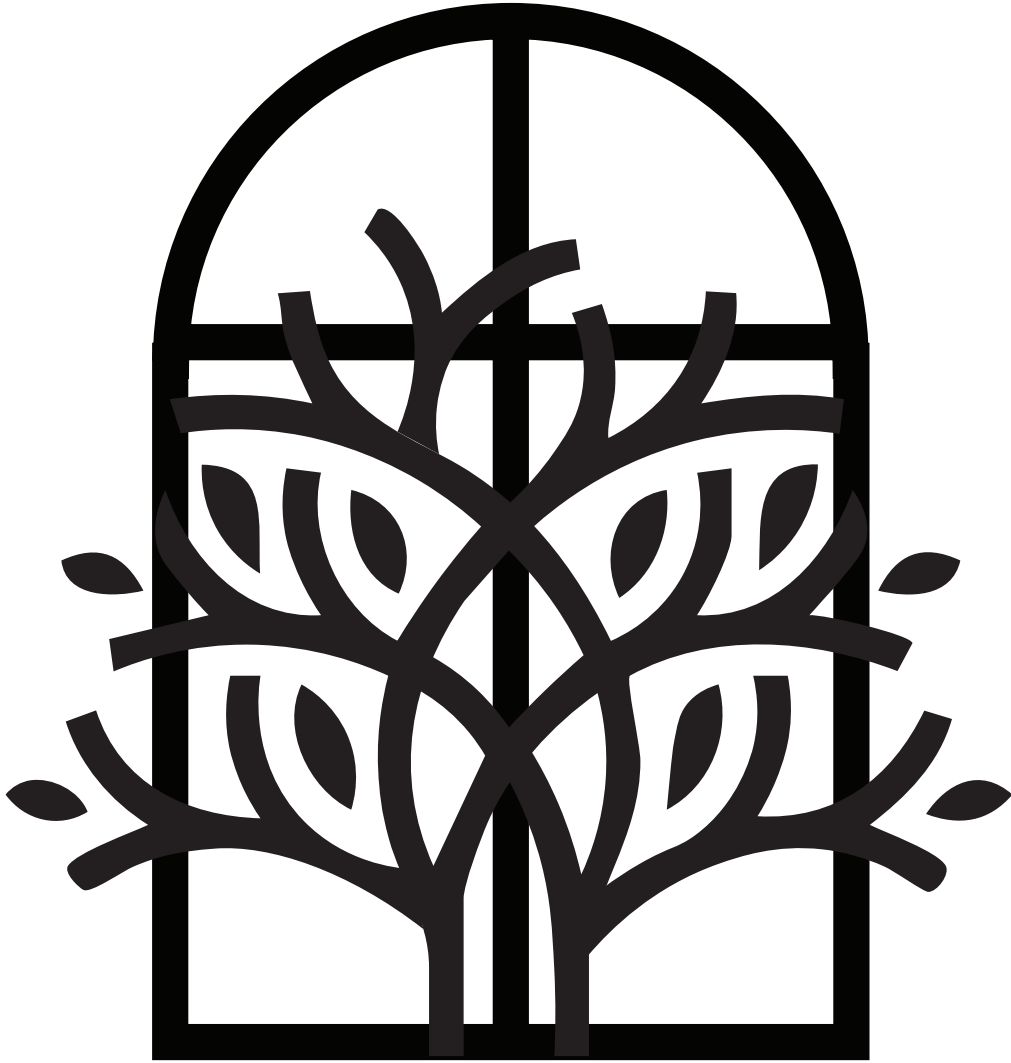


**C3 CHURCH  
NORTH PERTH**



**community  
trellis**

**GUIDING OUR JOURNEY  
OF WORSHIP & WONDER**

# Why the trellis?

Our culture is distracted, fragmented, and hurried. Many of us often find ourselves simply too busy and exhausted to have a meaningful life with God and each other. The Community Trellis serves as an intentional framework for our abiding in Jesus (John 15), a set of spiritual practices and relational rhythms to help create space in our busy world (Romans 12) to truly **know Jesus and demonstrate his love together**. Here's why the Trellis matters:

## 1. To Worship God, our Creator

The greatest pursuit in life is to worship God. He has invited us into intimacy and relationship—not merely intellectual understanding. The Trellis is a guide to help us focus our hearts on Jesus through spiritual practices that deepen our worship and lead us into a closer relationship with our living God.

## 2. To Become Deep People in a Shallow World

As Richard Foster wrote, *“The desperate need today is not for a greater number of intelligent people or gifted people but for deep people.”* These practices encourage inner transformation over superficial change, reminding us that personal growth starts within.

## 3. To Find Richness in Community

As we see throughout church history, spiritual practices aren't just reserved for monks or mystics but for ordinary people—workers, parents, neighbours. And in this fast-paced, distracted world, Godly rhythms provide peace, focus, and strength of community. They are a commitment we make with God and each other and assist us to grow *together* into ‘the body’ of Christ. We need each other to share our burdens, encourage one another, and light the path for growth.

## 4. To Centre Our Lives on Christ and the Holy Spirit's Work

These practices are not about self-improvement or moral striving, but about creating space for the Holy Spirit to transform us. Through His power, we align our daily lives with Christ, allowing His life, mission, and kingdom to shape everything we do. Just as a vine needs a trellis to grow upward and bear fruit, we need these Spirit-led practices to support and center our life in Christ.

# Daily



**Cultivate regular rhythms of prayer throughout the day** to foster ongoing connection with Christ

*“Pray without ceasing.”*  
- 1 Thessalonians 5:17

– **Multiple times of prayer**



**Prioritise studying scripture** to root yourself in God’s truth

*“Your word is a lamp to my feet and a light to my path.”*  
- Psalm 119:105

– **Commit to reading scripture before using your phone**



**Be in community with others** to nurture relationships and recognise God’s provision

*“They broke bread in their homes and ate together with glad and sincere hearts.”* - Acts 2:46

– **One shared meal or meaningful moment of connection with others**



**Be present to God and the people around you** to practice attentiveness in daily life

*“Be still, and know that I am God.”*  
- Psalm 46:10

– **One hour of intentional time without your phone**

# Weekly



**Establish rhythms of work and rest** to honour God’s design for balance and renewal

*“Remember the Sabbath day by keeping it holy.”* - Exodus 20:8

– **Dedicate 24 hours as a Sabbath to rest, worship, reflect & be restored**



**Whole-body hunger for God**

to deepen your dependence on God

*“Man shall not live by bread alone, but by every word that comes from the mouth of God.”* - Matthew 4:4

– **Incorporate a 24-hour fast into your weekly routine**



**Deepen spiritual friendships** to cultivate trust and meaningful connections with fellow believers

*“As iron sharpens iron, so one person sharpens another.”* - Proverbs 27:17

– **An hour of conversation and prayer with a spiritual friend**



**Keep alert to God at work around you** to join in God’s mission in daily life

*“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”*  
- Matthew 5:16

– **Prayerfully look for opportunities to share the gospel and reflect God’s goodness to others**

# Monthly



**Create extended space for God** to focus deeply on God's presence and direction in your life

"But Jesus often withdrew to lonely places and prayed." - Luke 5:16

**– Set aside a half day for spiritual practice like prayer, meditation, journaling and/or silence + solitude**



**Trust the generosity of God** to embody a posture of trust + worship

"Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver." - 2 Corinthians 9:7

**– Give financially towards God's Kingdom work and people**



**Practice hospitality** to reflect God's invitation to relationship & community

"Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it." - Hebrews 13:2

**– Welcome a neighbour / someone new into your life through acts of kindness and/or shared moments**



**Humbly serve others through your gifts** to bless others as an expression of God's love

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms." - 1 Peter 4:10

**– Offer your time, talents and resources to serve others in need**

## Where to from here?

Go to [c3northperth.com.au/trellis](https://c3northperth.com.au/trellis) for more information

### 1. Reflect on your life right now

- What practices currently shape your relationship with God?
- Which areas of your spiritual life need more intentional structure?
- How might your schedule reflect what you truly worship?

### 2. Connect with a Spiritual Friend

Remember that this is not a solo endeavour. Find someone to share your journey with - the Trellis is made for community and we need each other to stay accountable, share burdens, and encourage growth.

### 3. Start with One Practice

Choose one practice to begin with. Remember, like learning a new language, these practices will steadily become "second nature" as you practice them.

The Trellis is not about performance but about creating intentional space for relationship and transformation. Start small, be consistent, and allow the Holy Spirit to guide your journey