

# Beginner Practice Guide

## Learning the Rhythm of the Sun and Moon

Understanding biblical time is not only study it is observation.

The best way to learn is to watch the sky consistently.

### The 30-Day Observation Challenge

For one full lunar cycle (about 29–30 days):

- Go outside at the same time each evening
- Look for the moon
- Notice its shape
- Notice its position in the sky

Write down:

- Date
- Time
- Moon shape
- Direction (east or west)

By the end of 30 days, you will have watched:

- Growth
- Fullness
- Decline
- Renewal

You will understand the cycle naturally.

# Weekly Sky Check

If daily observation feels overwhelming:

Start with once per week.

Each week notice:

- Is the moon growing or shrinking?
- Is it seen after sunset or before sunrise?
- Is it near full or near dark?

Within 4–6 weeks, patterns will become clear.

# Tracking Journal Idea

Keep a simple sky journal.

Example entry format:

Date:

Time:

Moon Phase:

Direction:

Notes:

Over time, you will see:

- The moon shifts slightly each night
- It rises later each day
- It disappears before renewal

This builds confidence in counting months.

# Watching Sunset Daily

The biblical day begins at sunset.

Practice watching sunset regularly.

Notice:

- The moment the sun disappears
- The color shift in the sky
- The transition to evening





This helps you understand:

Genesis 1 pattern evening then morning.

Time becomes visible instead of abstract.

## Learning Moon Shape Progression

Focus on recognizing these 4 major points first:

-  Crescent
-  Half
-  Full
-  Crescent again

You don't need perfect astronomy.

Just recognize:

- Growing light (waxing)
- Shrinking light (waning)

That alone teaches the structure of months.

Observation:

- Builds confidence
- Removes dependence on confusion
- Aligns you with creation's rhythm
- Makes counting feast days easier

The Creator placed time in the sky so it could be learned by watching.

You do not need to master everything at once.

Watch.

Notice.

Repeat.

Within one month, the rhythm will make sense.