

# A rhythm for life



## 1 - Tune In | Out

### *Submitting our lives to His Story*

- Building a daily practice of prayer and scripture reading [ideally at the start of the day before jumping on social media or reading emails]. Making a note of what stands out, returning to it throughout the day.
- Developing a close to our day, a time to pause, pray & reflect.

Be aware of the stories (messages) that are shaping you away from the Kingdom of God e.g., through our social media feed, news provider, internal monologues, family of origin, historical trauma, life circumstances – find ways to tune these messages out and tune into the Story of God.

**Examples of practices:** daily examen, lectio365, reading a psalm, silent prayer, breath prayer, reviewing journal or scripture from earlier in the day, specific prayers, scriptures and phrases that speak the truth of our identity and of the love of Jesus towards us, silence, solitude, quiet prayer, prayer involving our bodies, lectio di vina, scripture memorisation, bible reading plan, listening to a podcast, prayer walking, worship music

***Encountering God*** – *discovering you are valued, known, and loved by God.*

## 2 - Connect | Disconnect

### *Being formed within a family of faith*

- Building a pattern of connection throughout our day, weeks and months - intentional engagement with a community of faith (church), and with other key relationships (e.g., friends | spouses | family).
- Developing patterns that enable us to be present *with* and *to* people – with those you love, with those you are committed to and with those you are discipling.
  - Stepping towards rather than away from others, beyond our internal messages of rejection, sense of loneliness or isolation.
  - Disconnecting from devices and from distractions to enable deep connection with others.
  - Creating rhythms of solitude where we disconnect from others for a time to emotionally recharge and experience God's presence apart from others
  - Being clear and honest with others, speaking with grace in our words

**Examples of practices:** weekly worship gatherings, small group, date night, family times, weekly sabbath, vacations coffee with friends of faith (those who encourage us), time with those we are a source of faith to (those who we can encourage). Praying for others, preparing in advance of meeting people (threshold moments), turning off our phones, silence, active listening.

***Finding Home*** – *being part of a community where we valued, known, and loved by others.*

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## 3 - Love God | Love Others

### *Loving others as the overflow of God's love for us*

- Building regular moments of worship and wonder, that allow us to exercise thanksgiving and trust towards God.
  - Worship can be any activity that evokes our response to Jesus for who He is and what He has done – it should involve our whole selves (e.g., body, voice, emotions)
  - Wonder is paying attention to, and acknowledging anything in life that turns our attention to the beauty and goodness of God, e.g. creation, an unusual gift, a moment of grace
  - Submitting to the Spirit's leading and rule in every area of our lives (obedience)

The overflow of our love for God (worship and wonder) is love for others (see Jesus' words in Mark 12:30-31).

- Developing intentional actions throughout our week that help us express the love of God towards others, particularly the last, lost and least.

**Examples of practices:** weekly worship gatherings, listening to / singing worship, write out 3 things you are thankful to God for before the day begins, everyone around the table share one thing that they are grateful for at dinner, giving time and/ or money to a compassion project, sponsoring a child, picking up extra food items for pantry, sending an encouraging text, spending time with someone different to you.

*Loving well – serving those in need, showing hospitality, bearing witness to Christ's love.*

## 4 - Move | Create

### *Engaging our whole selves, with God, in life giving activity*

- Building into our day, week, and month care for our bodies (heart, soul, mind, and strength), practicing rhythms of work and rest, eating, and sleeping well, engaging in physical activity.
- Giving our best time and attention to the work that is most important 'deep work', having a fixed hour schedule, ensuring we are leaving time for create projects in keeping with the unique grace God has placed on our lives.
- Instead of having our imagination saturated by media, being transformed by the renewing of our minds, building healthy limits on our use of screen time and entertainment, committing to learning, and growing in understanding.

In these practices we learn to see all of life as God's, and all of our moments as sacred – creating room for fun, joy, and creation.

**Examples of practices:** gardening, paint, draw, write a poem, song, craft, reading, start that project you've been wanting to start, create a practice of giving your best time to your most important work, physical exercise, cooking a meal with others, a healthy sleep cycle, daily office, commit to a weekly sabbath, healthy pattern of work, quality time off with others.

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***Embracing wholeness – catalysing call, bearing witness through creative action***

5 - Share | Give

***Participating in the extension of God’s new creation kingdom, bringing hope to others***

- Building into our day, week, month time set aside for others – for the last, lost and least – those who are less fortunate, who are hurting, broken-hearted, sick, stuck, discouraged, far from God.
- Start with prayer - invite God to show up in their lives, offering yourself as available to be part of the answer. Pray for the nations. Look for opportunities to share Jesus with others, to invite them to church or alpha, to bear witness to His love for them. Pray for them to come to know Him.
- Give away 10% of our income, with special attention to church and the poor, being generous with our resources and our time (if this is a big jump start small, start somewhere, with a regular practice of giving a portion of your income away).
- Share hospitality with your neighbours, colleagues and friends that don’t know Christ – say ‘yes’ to their invitations to connect in ‘their’ spaces.
- Offer your time to serving on a compassion project

**Examples of practices:** prayer list of those who don’t know Christ (5x5x5), preparing before going into work asking God for opportunities to share Him, commit to inviting friends or neighbours to an alpha, hosting an alpha, hosting a regular neighbourhood party, participating in community action project, sharing your story (90 sec), speaking of what you know and love about Jesus, retreat days to prepare for work, host a group at work exploring faith.

***Reaching Out – showing hospitality, bearing witness, discipling others, giving.***