



RHYTHM OF LIFE

THE INVITATION TO MOVE THROUGH OUR DAYS WITH INTENTION

Consider the ways that you spend the hours of your day, what do your habits or rhythms reveal about what is most important to you? We establish the habits and routines that fill our days from the attitudes and ideals that we hold closest to our hearts. When I consider how I spend my time, I feel sorrowful that I allow certain mindsets to control and compel me. Anxiety and fear often drive me to exhaustion and fill my days with overwhelming hours of work and little space for rest and time in the presence of God. How did Jesus choose how to move throughout his day? What practices did Jesus make a part of his routine? How does the way Jesus lived reflect his deep intimacy with the Father? How can our routines and rhythms reflect our desire for a closer relationship with God?

A Rhythm of Life with God is similar to a Curriculum of Christlikeness or a Rule of Life. A Rhythm of Life with God is a guide for our life that includes the principals, practices, goals, and habits, that help us cultivate a fuller life with God, community creation, and ourselves.

Crafting the Rhythm of Life with God is similar to a family who creates a motto or vision to help guide how they want to deepen their relationships and prioritize their time. This vision determines how they schedule their time together and apart. Daily meals and appointments, weekly game nights, yearly vacations, and seasonal camping trips are integrated into their calendar because of their shared vision. Your Rhythm of Life reflects the vision that you and God have for the season ahead and articulates the daily, weekly, monthly, and yearly rhythms that will further that vision for your life together. Jesus tells us "where your treasure is, there your heart will be also." When we craft our Rhythm of Life, we are asking God to help shape the desires of our hearts to be with God. We are asking God how we can prioritize transformation into Christlikeness.

HOW TO CREATE A RHYTHM

There are many ways to create your Rhythm of Life with God. Below you will find one guide for the process followed by a list of further resources to explore.

- 1 Our Vision For Life Together**
Craft a vision with God for your life together in the season ahead. It might be helpful to reflect on how you would describe your relationship with God now. Consider how is God inviting you to grow this year? What does God want to teach you about who He is? Turn to scripture, community, and your previous conversations with God to help direct you.

- 2 The Environment That Nurtures Our Life Together**
With a renewed vision of your life with God, it is time to craft the environment that will nourish and sustain this relationship. Draw a line down the center of a blank piece of a paper. Label one side "connection" and the other "isolation." Beneath connection, spend time writing the spiritual practices, places, people, habits, responsibilities, and resources that deepen your connection to God. Beneath isolation, spend time writing the things that are drawing you away from God and away from community. It is important to remember that our physical, mental, emotional, and relational health are all connected to our spiritual health. For example, our habits and practices that impact our bodies can either encourage connection or drive us towards isolation. Be prolific as you fill both sides of the page.

"...our inclination to live by rhythms can be turned to our advantage: it can become a catalyst for profound spiritual growth. Every day we live is like a miniature picture of our whole life: all our priorities are somehow reflected in the way we choose to invest the few hours between each sunrise and sunset. The way we structure our days not only reveals our character and priorities, it can also help to shape them. We make some choices because of who we are, but others because of who we wish to become. And so apprentices of Jesus have long realized that we can express our desire to follow him not only in particular activities — spiritual practices and disciplines — but also in the routines and rituals of life. We may be wired to live by rhythms, but we can intentionally set the beat: we can structure our daily living as a loving response to the grace of God in Christ."

Chris Webb

3 Calendar Your Rhythms

Ask God to help you choose the components from your connections and isolations lists that should be at the forefront when crafting your Rhythm of Life. What habits, relationships, ways of thinking, or influences need to shift so that the rhythms of your life move you from isolation towards connection? What components that draw you into deeper intimacy with God need to take up more space in your life? This is also the time to ask God what new spiritual practices, habits, or pursuits might need to be incorporated into your Rhythm of Life. With your calendar in hand, schedule your daily, weekly, monthly, quarterly, and yearly rhythms with God.

Example

Daily

Morning	Reading Scripture using Lectio Divina and Prayer
After Work	Meaningful Conversation with Friends
Late Evening	Workout, Contemplative Prayer

Monthly

1 st Saturday of the Month	Silent Retreat
3 rd Sunday of the Month	Afternoon Volunteering

Weekly

Sunday	Worship and Lunch with Church Family
Monday	Small Group
Tuesday	Therapy
Friday	Practice Simplicity - Clean and Reset
Saturday	Sabbath

Seasonally

Lent	Daily Prayer Walks
Eastertide	Write Daily Gratitudes
Advent	Art Journaling

4 Grace for the Journey

As you begin to practice your Rhythm of Life with God, it is essential that you have grace and patience for yourself as you integrate these new routines into your schedule. Each day is a new opportunity to pursue a closer relationship with God and every moment spent turning our heart's towards God is a part of that journey. Feel free to adjust your Rhythm of Life as you learn with God about your needs and invite others to support you.

RESOURCES

Visit our website at tempechurch.org/rhythm-of-life-with-god for additional guides, examples, and to access handouts of our spiritual practices.