

PURSuing LIFE WITH GOD

community rhythms

January

tempechurch.org | Tempe, Arizona



SPIRITUAL PRACTICE . RHYTHM OF LIFE WITH GOD

A Rhythm of Life with God is the calendar of your relationship with God. It is similar to a shared calendar that holds the daily meal times and appointments, weekly game nights, yearly vacations, and seasonal camping trips of a family.

Your Rhythm of Life holds the moments and occasions that you long to spend with God on a daily, weekly, monthly, and yearly basis. Jesus tells us "where your treasure is, there your heart will be also." Is the desire of our hearts to be with God? If so, why do we schedule doctor's appointments or a date with a loved one with more intention than we schedule time in prayer? God longs to be with us. Do we long to be with God? I invite you to create a rhythm of life that reflects the longing of your heart. *See Handout for More*



SIT WITH THE WORD . Ephesians 4:13

God's goal is for us to become mature adults—to be fully grown, measured by the standard of the fullness of Christ. *CEB*



COMMUNITY CONNECTIONS . JANUARY

Parenting Workshop: Session 3 | January 7th | 2:00 - 4:00 PM | Oasis

Continuation of our parenting series designed to equip all caregivers with heart-based strategies to get at the root of behavior issues and develop lifelong character in the children you love. Email Hannah at hannah.paremelee@tempechurch.org if you have any questions.

Crafts, Coffee, and Conversation | January 13th | 9:00 - 12:00 PM | Steve's Espresso

A perfect way to deepen your relationships with others is to enjoy creating together. Whether you knit, crochet, draw, paint, or create with clay, all crafts and crafters are welcome to join us for Crafting, Coffee, and Conversation.

Grow Your Own Garden | January 19th | 4:30 - 5:30 PM | Foxtail Community Garden

It's time to start our Spring gardens! If you're interested in caring for a free 3 by 3 foot garden plot as an individual or as a team, you're invited on the 19th to select your plot and get started! You'll have access to our tools, irrigation supplies, and seed library and will be assisted by another garden member. Email Kathryn at kblaha@asu.edu for more information on becoming a "Garden Gnome".

Property Care Day | January 27th | 8:00 - 10:00 AM | Tempe Church

Join us for a morning of caring for the beautiful property God has blessed us with stewarding! We'll be working outdoors on several property projects so please dress warmly. If you have an expertise or skill you'd like to offer, please email Kathryn at kblaha@asu.edu to plan ahead!



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 a practice similar to a Curriculum of Christlikeness or a Rule of Life. When developing a Rhythm of Life with God, the intention is to create intentional "practices or rhythms that help you connect with God, other people, creation, and yourself."

Hannah notes that "I see it as an invitation to be intentional about putting myself in the presence of God. This allows us to create our own rhythms of life with God and others."

HOW TO CREATE A RHYTHM

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As you create your Rhythm of Life with God consider with God the following questions.

- God, how do you want to spend time together?
- What spiritual practices and rhythms do I currently have that allow me to draw near to God?
- What rhythms would be helpful to add to my routine?
- God, when is it important that I make intentional time to be alone with you?
- God, what are some rhythms that you want to add to my life?