



## 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

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 calendar that reflects the longing of your heart.

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?

## LEARN MORE

*Join us after worship on Sundays in January to learn more about this practice from Hannah Parmelee.*