

Rhythm of Life: 2018

WHAT IS A RHYTHM OF LIFE?

- Arranging my life in order to be formed by God into the image of Jesus for the sake of others.

WHY HAVE A RHYTHM OF LIFE?

- A written plan can help us become more focused, intentional, and faithful in our ongoing journey with Jesus. There's nothing magical about putting it on paper, it is simply a tool to help organize your thoughts and intentions.

TRY TO KEEP YOUR RHYTHM OF LIFE...

- **PERSONAL:** There is no one-size-fits-all life with God. Consider your personality, your season of life, your desires, and your existing schedule as you craft your R.O.L.
- **REALISTIC:** Be careful not to burden yourself by multiplying "God tasks" – this only creates frustration, disappointment, and a sense of obligation. **The goal is to move from a life of *striving to abiding*.** Ask: *What works for you in this season? Where might you be called to stretch in a healthy way? What's your motivation for doing this or that? Will this help me or drain me?*
- **BALANCED:** Think about your "whole self" – *what physical, intellectual, or emotional areas need some intentionality?* Consider walks/exercise, time for reading, time alone, or time with others.
- **FLEXIBLE:** You're not pouring concrete here! Be intentional with your R.O.L. but not legalistic. Pay attention to what's life-giving and reconsider what's been as you've practiced spiritual disciplines. Reevaluate your R.O.L. after a while and consider adapting it every 6 months or so.

HOW TO CREATE A RHYTHM OF LIFE

1. Evaluate the last year

- *What nudges or longings has God been bringing to the surface?*
- *What step might he want me to take?*
- *What places of Christ-unlikeness, busyness, or unhealthiness need to be surrendered?*
- *In what areas of my life do I need to create space/make time for God and others?*

2. Reflect on your experiences with spiritual disciplines

- *What practices drew me into God's presence and cultivated an awareness of him each day?*
- *What seemed less like 'work' and more like time spent with a loved one?*
- *What are some realistic practices for my everyday life this season?*

3. Reflect on your existing schedule

- *What's my morning routine and how might I adapt or add to it?*
- *Where are there built-in times of solitude or community throughout my day?*

- *Which day of the week might I spend as a Sabbath or time of healthy rest?*
- *What are ways I can reorient myself to the Lord and his kingdom in the middle of my day and in the evening/nighttime?*
- *How can I more fully participate in the rhythms of The Neighborhood Church (in worship, service, relationships, study, and/or spiritual formation)?*

4. Write your plan

- Start small! Make sure it's livable and that you don't get overwhelmed with too much too soon.
- Look over the reminders listed above and start with some of the existing habits you've already had success with.
- Use the rhythms of our church to help give you some "Anchor Points" in your rhythm (think Wednesday Neighborhood Groups, Saturday Worship Gatherings, serving at the Neighborhood Clothes Closet occasionally, participating in Bible Studies, Retreats, etc.).

5. Share it with someone else

- Talk about your intentions with your spouse, close friend, Neighborhood Group, or the pastors. We'd love to encourage you along the journey.
- Think about the times you've started a diet or exercise plan with someone else. Isn't it easier when someone's "in it" with you? Friendly accountability can help you stick to your intentions as you build these healthy habits.

6. Keep your plan handy

- Print it, post it, or write it somewhere you'll see it often.
- Consider keeping a small journal as part of your R.O.L. and jot down your thoughts, reflections, and experiences. In time, you might be surprised to look back at how your journey has progressed.

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“The path to spiritual wholeness lies in my **increasingly faithful response** to the One whose **purpose** shapes my path, whose **power** liberates me from the crippling bondages of my previous journey, and whose transforming **presence** meets me at every turn in the road.”

// Robert Mulholland, *Invitation to a Journey* //

DAILY

Morning:

Midday:

Evening:

WEEKLY

OCCASIONALLY

ANNUALLY

Lord, I submit myself to your guidance, your power, and your will in this season. Your nearness is my good and your love is better than life. My desire is to be with you and to be formed by you in my everyday life. Remind me that it's not about my performance but your power and presence. I hold this rhythm loosely as I cling to you tightly – praying that my intentions are only a means to an end, which is the abundant life you freely give. Amen.