

RHYTHM OF LIFE

A pattern of holy living enabling us to
become more like Christ



DIOCESE OF
YORK

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"Abide in me as I abide in you. If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and become my disciples." - John 15.4, 7-8

WHAT IS A RHYTHM OF LIFE?

As followers of Jesus we are all called to live and grow as disciples. We are invited to abide in the presence of God, to be nurtured as we sit in Christ's company, to grow inwardly and give outwardly, enabling us to live Christ's story in our day-to-day lives.

If we are to live Christ's story and be part of a growing and flourishing church across the whole of the Diocese of York, then we need to abide in Christ. A Rhythm of Life is a framework, a pattern of holy living which helps us to become more like Christ. It is a simple commitment to specific actions that can help to focus on our faith and release us to live more fruitfully.

Based around six actions that Jesus asked us to do, our Rhythm of Life invites every individual and every community to adopt these patterns of holy living to abide in Christ and become more like him. We hope that each of us can adopt these habits, and that every church will teach them so that we can all grow as missionary disciples of Christ.



THE SIX RHYTHMS



REGULARLY PRAYING AND READING THE BIBLE

"When you pray, say: Father, hallowed be your name." - Luke 11.2

Jesus asks us to be people of prayer, developing patterns of prayer and Bible reading in our lives, and abiding in the presence of God helping us to become more like Christ. He gives us the Lord's prayer, which is the pattern of all prayer.

BEING PART OF THE WORSHIPPING LIFE OF YOUR CHURCH

"Do this in remembrance of me." - 1 Corinthians 11.24

Jesus asks us to know and receive him in worship, just as he broke bread with his friends on the night before he died. We are invited to be part of the worshipping life of our church, and to be an active part of the community in that place.

LOVING ONE ANOTHER

"Just as I have loved you, you also should love one another." - John 13.34

Jesus asks us to demonstrate the love we receive through the lives we lead, by loving one another and loving God. We are encouraged to serve one another with love and humility, as Christ serves us.

LIVING GENEROUSLY

"When you give a banquet, invite the poor." - Luke 14.13

Jesus asks us to live lives of sacrificial and joyful generosity, giving our resources to things we care about or believe in. We are to give to those in need, to the poor and the excluded, and care for our planet, with which we have been entrusted.

SHARING THE GOOD NEWS WE HAVE RECEIVED

"Go therefore and make disciples." - Matthew 28.19

Jesus asks us to share the good news we have received by living Christ's story in everyday life. We are to tell the story of Christ, witness to our faith, and provide opportunities for others to know him in all that we do and say.

ADOPTING PATTERNS OF REST

"Come to me, all you that are weary, and I will give you rest." - Matthew 11.28

Jesus asks us to bring everything to him, and to find and enjoy sabbath rest. Amid the business that life often brings, we are to find space for rest and refreshment, enjoy each other's company, and bring everything to Christ.



ADOPTING A RHYTHM OF LIFE

Our framework of a Rhythm of Life is flexible, shaped to be life-giving, and adaptable for individuals to adopt patterns of holy living which suit their life.

You may find it helpful to discern commitments for each of the six Rhythms, which can help to shape what our Rhythm of Life looks like in practice. You might also want to find someone who can be a faith companion as you grow in your Rhythm of Life, who might be a church leader, trusted friend or group. This flexible accountability is a really good way of growing together, sharing our experiences of living Christ's story with one another, and a space to review this natural rhythm from time to time.



- How is God inviting or challenging you to grow within the six Rhythms?
- What will you do differently to live out each of the six Rhythms in your day-to-day life?
- What one specific thing might you affirm or introduce in your life for each of the six Rhythms?

