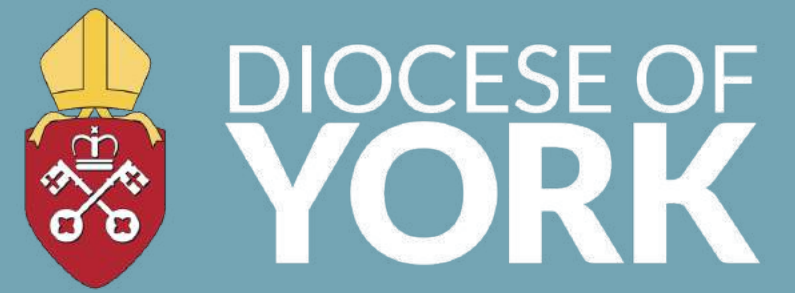


RHYTHM OF LIFE

MY COMMITMENT CARD



Prayer and Bible

Ideas for abiding in the presence of God through prayer and reading the bible include:

- Morning and/or Evening Prayer
- Try using a prayer app on your mobile phone
- Explore different styles of prayer and bible reading, such as Ignatian and Lectio Divina
- Prayer walks or prayer arts/crafts
- Reflect on where you connect with God, and spend time in that space
- Prayer partners, bible study or small groups

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



Worship

Ideas for engaging in the worshipping life of your church include:

- Participate in weekly worship in your local church
- Receive Holy Communion
- Be involved in community life
- Deepen understanding of aspects of worship used each week
- Take on roles that enable worship, such as intercessions, singing or welcoming

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



Love

Ideas for being more intentional in how we love and serve one another as Christ loves us:

- Listen to others and being attentive
- Share the whole of life with those around us
- Give time to others, and sharing meals
- Live well with others with whom we disagree
- Offer welcome, encouragement and care to others
- Reflect on and attending to the needs of others

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



Generosity

Ideas for living generously, caring for our planet and caring for the poor and the excluded:

- Regularly practicing gratitude
- Find joy when you give, in all its forms
- Caring for creation by thinking about what you eat, buying ethically and recycling well
- Regularly reviewing how and what you give financially to your church and other charities
- Discerning how and where you can usefully give your time, skills and other resources

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



Witness

Ideas for sharing the good news, living out our faith in everyday life:

- Enjoy talking about our faith with others
- Invite people to services or events happening in and around your church
- Share or witness to your faith in everyday life – at home, work, the supermarket, and other contexts
- Seek ways of working for social justice and peace

"Go therefore and make disciples."
Matthew 28.19



Rest

Ideas for embedding regular patterns of rest, and bringing everything to Jesus:

- Enjoy the company of others, and of Jesus
- Regularly review the balance of work, ministry and life, making time for rest and enjoyment
- Attend retreats or quiet days
- Allow space for mental rest, as well as physical rest
- Bring all your joys and burdens to Christ

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

RHYTHM OF LIFE

COMMITMENT CARD



It can be really helpful to have someone as a faith companion as you grow in your Rhythm of Life - they might be a church leader, trusted friend, Spiritual Accompanier 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.

Use this card to make a note of what each Rhythm might look like in practice to you.



Prayer and Bible



Worship



Love



Generosity



Witness



Rest