



Living our
lives more
like Jesus!

RHYTHM OF LIFE

PRAYER
GENEROSITY

WORSHIP
WITNESS

LOVE
REST



WHAT IS A RHYTHM OF LIFE?

As friends of Jesus we are called to live and grow as disciples – becoming more like him in what we do, say, think and feel. Remembering that God is here with us wherever we are or whatever we are doing, we can become kinder, more honest, trustworthy and generous people as we allow the Holy Spirit to guide us in our attitudes and behaviours every day.

The Rhythm of Life framework that churches across the Diocese of York are using, helps all of us to become more like Jesus, by suggesting ideas for actions and activities that we can choose to commit to doing. The actions are based on things that Jesus did in his own life and said that his friends should do too.

You might find it helpful to share this journey of faith with someone else. Talk to your grown ups at home or at church about being part of a group or partnership.

Jesus says "Stay joined to me and let my teachings become part of you. Then you can pray for whatever you want, and your prayer will be answered. When you become fruitful disciples of mine, my Father will be honoured."
John 15. 7-8



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www.dioceseofyork.org.uk/rhythmoflife

MY RHYTHM OF LIFE

Things I could do

Questions

PRAYER



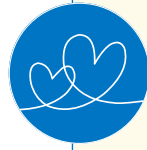
Read, or ask a grown up to read, a story from the Bible before you go to sleep.
Tell God about the three best and three worst parts of your day ahead as you travel to school.
Ask God questions while you are cleaning your teeth.
Chat with God in your head while you are doing something with your hands like colouring or Lego.

WORSHIP



Take part in the service at your local church.
Make up songs about how amazing God is.
If you are not already sharing in the bread and wine at Communion, think about asking the vicar if you can.
Offer to do something to help with the service like reading or welcoming, or collecting the offering.

LOVE



Help your grown ups welcome other people to your home.
Listen really carefully to others when they are sad or frightened, and help them get the help they need.
Be kind and share well, even with those who are unkind or different to us.

GENEROSITY



Think of something to be thankful for every day.
Come up with some ideas for sharing and really looking after what you have, and do it!
Discuss with your grown ups what you can do to save energy and resources in your home.
Think about what you can do to help make life a bit easier for someone else.

WITNESS



Talk about Jesus like you would talk about any other friend you have.
Think about how you can show you are friends with Jesus by the things you do and say.
Invite your friends to your church activities.

REST



Think about how you can best use the time in your day to ensure that there is a good balance of school work, rest and play.
Try sitting somewhere quiet and focusing on just breathing.
Do some mindfulness activities and chat to God about things as they come to mind.

- How is God inviting or challenging you to become more like Jesus by putting the Rhythms of Life into action?
- What will you do differently each day, week or month?
- What one specific thing do you do already or will start doing for each of the six Rhythms?

Things I'm going to do

