



# RHYTHM OF LIFE

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MY COMMITMENT CARD



DIOCESE OF  
**YORK**

# 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 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, and being an active part of the community in that place:

- 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, with humility, 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



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

**John 13.34**

# Generosity

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

- Regularly practice gratitude
- Find joy when you give, in all its forms
- Care for creation by thinking about what you eat, buying ethically and recycling well
- Regularly review how and what you give financially to your church and other charities
- Discern 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, telling the story of Christ and 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, finding space for refreshment, 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**



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.

My faith companion:

First review date:

