

FAMILY RHYTHM OF LIFE

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



DIOCESE OF
YORK

www.dioceseofyork.org.uk/rhythmoflife

RHYTHM OF LIFE

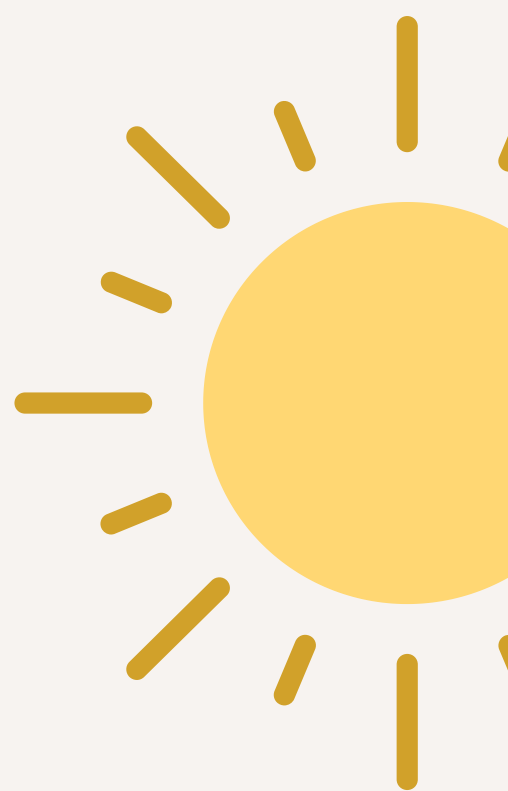
"Abide in me as I abide in you. If you abide in me, and my words abide in you, ask for whatever you wish, and it will be done for you. My Father is glorified by this, that you bear much fruit and become my disciples." - John 15.4, 7-8

WHAT IS A RHYTHM OF LIFE?

As followers of Jesus we are all called to live and grow as disciples. Discipleship is a way of being – it is an active way in which we grow in faith, and allow our faith to shape the way we live, think and act.

A Rhythm of Life is a framework, a pattern of holy living which helps us to become more like Jesus. It is a simple commitment to specific actions that can help to focus us and our families on our faith, and enable us to live more fruitfully as disciples.

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 and our families can adopt these habits, and that every church will teach them so that we can all grow as missionary disciples of Jesus in the places we are in everyday.



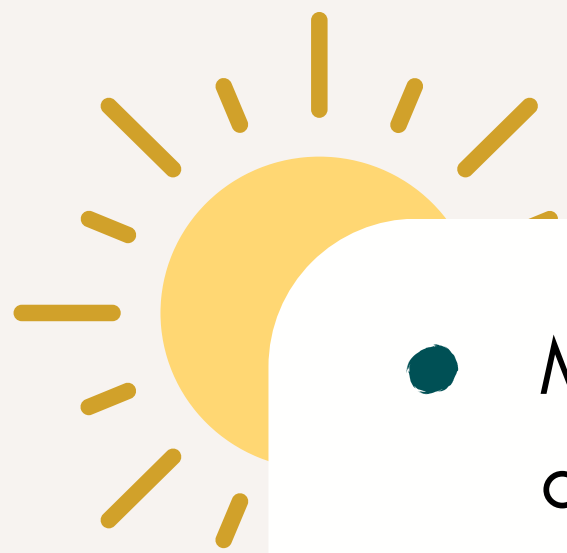
PRAYER AND BIBLE READING

"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 him. He gives us the Lord's prayer, which is the pattern of all prayer. It is a place where we listen and talk with God, being open to what we read and hear to help us to grow in our faith.



CREATIVE IDEAS

- Make a list of outdoor places you like to pray or read the Bible together as a family.
- Get a different person to say grace before every family meal.
- Have a pattern of reading Bible stories together after school or before bedtime.
- Put a passage of scripture on large piece of paper, and leave it out for family members to draw around, write thoughts and ask questions.
- Use Smarties (or similar) to pray together with colours – such as red for saying sorry, or blue for the needs of the world.

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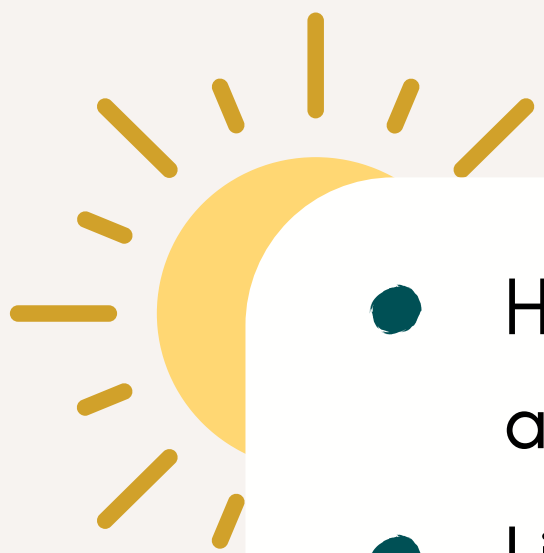
WORSHIP



For where two or three are gathered in my name, I am there among them."

Matthew 18.20

Jesus asks us to be communities who gather in worship, just as he broke bread with his friends on the night before he died. As families, we are invited to be part of wider family of the worshipping life of our church, and to be an active part of the community in that place.



CREATIVE IDEAS

- Have a pattern of attending church as a family, and find ways to get involved.
- Light candles and say Compline (night prayer) together, using the Daily Prayer app.
- Enjoy singing or dancing to Christian songs together as a family, and learn new songs which you can teach to your church.
- Talk together as a family about what worship means, and what we can learn about our faith from services we have been to together.
- Create a worship space in the garden, which could include growing plants and painting rocks.

NOTES



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 Jesus serves us, even when it is difficult.



CREATIVE IDEAS

- Send cards to people as a family.
- Learn one another's love language.
- Make time to listen to each other, remembering to ask how everyone's days have been.
- Be kind to everyone in your family, and to other people, even if they are different or unkind to us.
- Use a spinner to choose someone to do an act of kindness to.
- Get to know people who live close to you as a family, be good friends to them.
- As a family, make an effort to welcome people to your home and to share meals.

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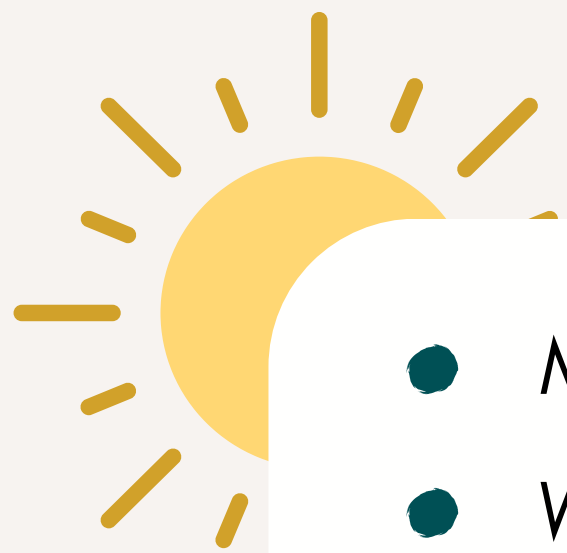


LIVING GENEROUSLY

*"They are to do good, to be rich in good works, generous, and ready to share."
1 Timothy 6.18*



Jesus asks us to live lives of sacrificial and joyful generosity, giving the things we have to places 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.



CREATIVE IDEAS

- Make some treats to give to friends or neighbours.
- Work out together what charities you want to give money to or support. You might want to alternate each year!
- Think of something you are thankful for as a family everyday. You might want to write these down in a gratitude journal, a paper chain or record them to listen back to.
- Do a family litter pick.
- Put aside one item per week to give to a foodbank.
- Set a family challenge of how much you can recycle each month.

NOTES



SHARING FAITH WITH OTHERS

*"Go therefore and make disciples."
Matthew 28.19*



Jesus asks us to share your faith with others, by living Christ's story in everyday life. We are to tell the story of Jesus, live the values and behaviours that our faith inspires, and provide opportunities for others to know him in all that we do and say.



CREATIVE IDEAS

- Pray for people who live close to you as a family who don't yet have faith.
- Enjoy talking about your faith as a family when you are out somewhere together.
- Living faith authentically together, reflecting faith in actions and behaviours, such as putting your supermarket trolley away, and saying 'hello' and 'thank you' to people who serve you in shops.
- Listen and learn from others, who may have different outlooks in life.
- Invite friends to events that are happening in your church.

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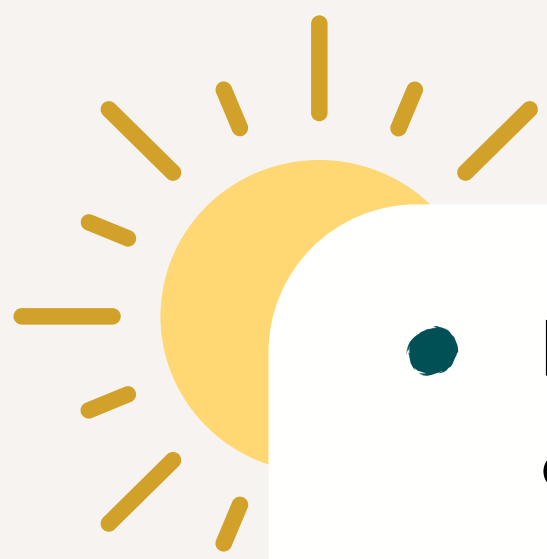


PATTERNS OF REST



"Abide in me as I abide in you."
John 15.4

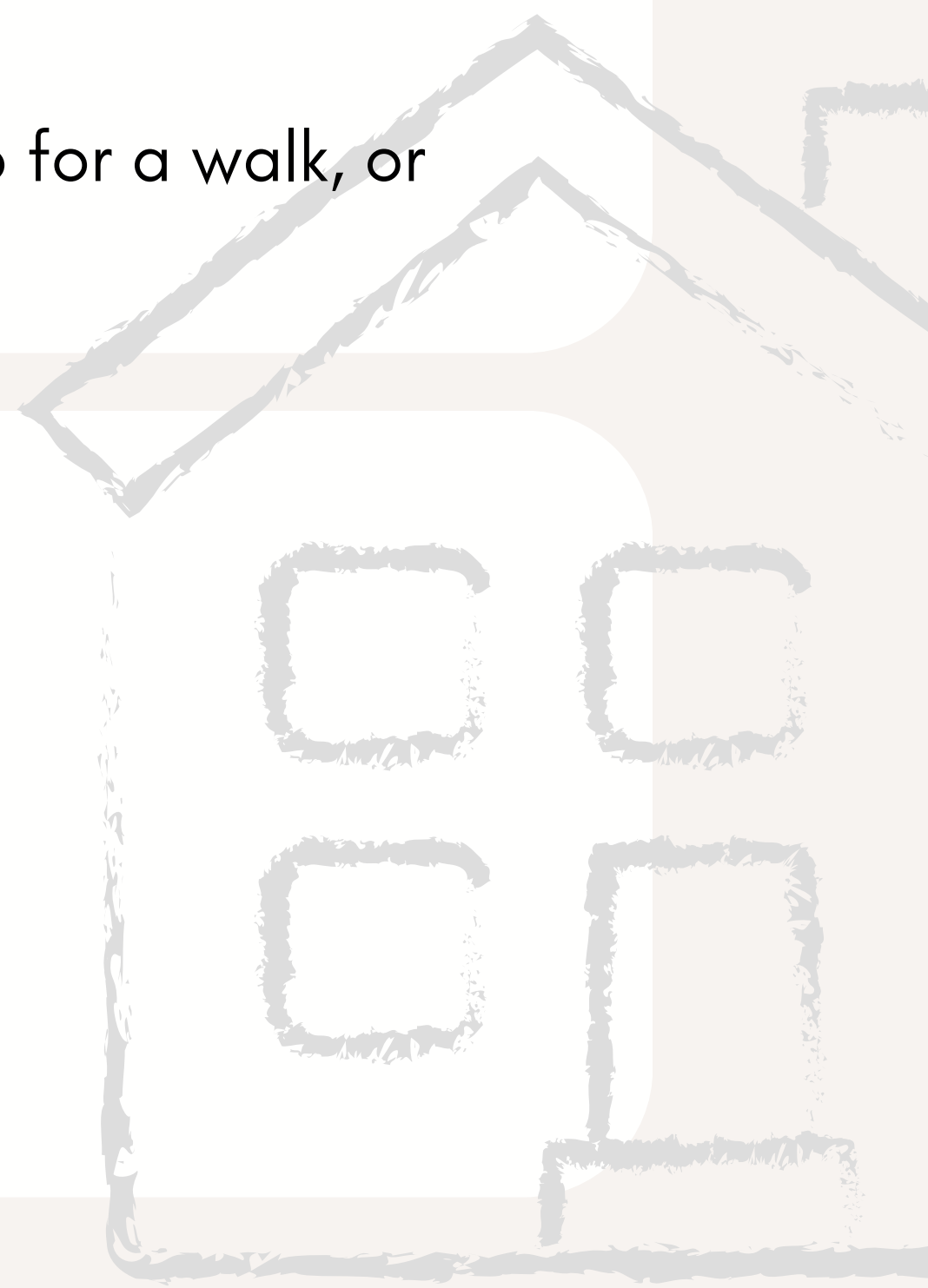
Jesus asks us to bring everything to him, and to find and enjoy sabbath rest. Amid the busyness that life often brings, we are to find space for rest and refreshment, enjoy each other's company, and to make space for things that bring us joy.



CREATIVE IDEAS

- Listen to a podcasts together, or something everyone enjoys.
- Use the Rhythm of Life stickers to create a balance of life on your family calendar.
- Make time regularly for family days out, enjoying each other's company, a simple walk, or playing games together.
- Take time to listen to what brings joy to other people in your family, and share what that is for you.
- Have some family time without screens – go for a walk, or play some games.

NOTES



OUR FAMILY RHYTHM OF LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FRIDAY	SATURDAY	SUNDAY	NOTES

What we will do

Date:

