

RHYTHM OF LIFE

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:

