



Rhythm OF LIFE

EVERYDAY FAITH EVALUATION *FOR CHURCHES*



Rhythm OF LIFE

As churches across the Diocese of York discern a shared vision for Living Christ's Story, this Rhythm of Life offers us all a framework for living in a more Christlike way. Designed to be flexible and creative, the Rhythm of Life is for everyone - young and old, deep faith and explorers - and is shaped around seven things which we are called to as Christian people:



Prayer



Scripture



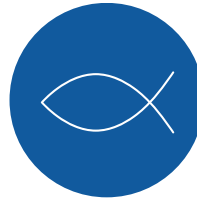
Worship



Love



Generosity



Sharing Faith

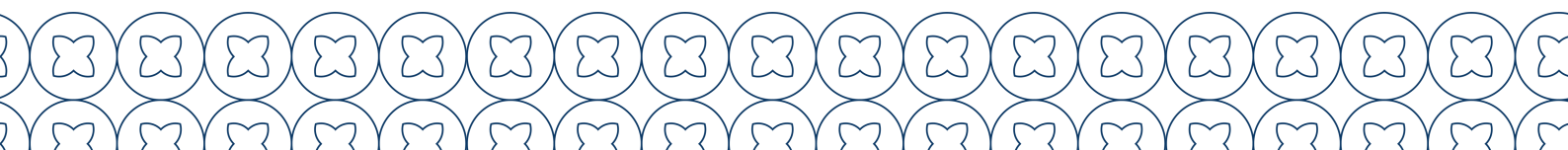


Rest

Rhythms of Life have been around for centuries, each tailored to their community but with a shared family likeness in how we live and grow in everyday faith. One of the most well-known is the Rule of Benedict, whose framework for living was primarily focused on how those in monasteries lived alongside each other. Patterns of living and ways of life have had many different titles over the years, and sometimes none at all, though they all seek to do the same thing which is to enable and encourage one another to express what we believe through the way we shape and order our everyday lives.

All of us already have a rhythm of life in some form, whether we realise it or not. Some will be secular patterns of rising with the sun, or watching a favourite TV programme each week. Others will be spiritual rhythms of prayer, worship, or gathering with our church community. Our values and behaviours are shaped by the communities we belong to.

In the Diocese of York, we seek to Live Christ's Story as a pattern of missional discipleship - in other words, the way we live is formed by following Jesus, and adopting particular spiritual habits along the way. This is our everyday faith, and our Rhythm of Life.



EVERYDAY FAITH EVALUATION

FOR CHURCHES

The Diocese of York's framework for a Rhythm of Life is for everyone - young and old, those exploring faith and those who have been a Christian for several decades, individuals and communities. We have Rhythms of Life in households, in places of work, in church communities, and in our personal lives. Whatever our Rhythm of Life is, as Christian people we grow *together*. Our churches are key places where we live alongside each other, and a shared Rhythm of Life is a part of how we can be intentional about growing in aspects of everyday faith.

Your church can use this Everyday Faith Evaluation to gauge how you are enabling and supporting your community to grow in the areas of our shared Rhythm of Life. You might want to do this as a whole church or at a PCC meeting annually. Other resources, including a more detailed Rhythm of Life Toolkit, can be found on the Diocese of York's website.

PRAYER

Score: /10

Are we providing opportunities for people to pray together in our church community?

Yes / No / Maybe

Do we teach people how to pray when they are not in church?

Yes / No / Maybe

SCRIPTURE

Score: /10

Do we have small groups to enable people to explore and be shaped by scripture together?

Yes / No / Maybe

Do we support our community by suggesting ways of engaging with scripture, such as audio or digital resources?

Yes / No / Maybe

WORSHIP

Score: /10

Are we offering a variety of worship which is enriching and transformative?

Yes / No / Maybe

Do we equip our community to grow in faith when gathered in worship, by understanding what the practices of our worshipping tradition mean?

Yes / No / Maybe

LOVE

Score: /10

Does our church engage with social action, racial justice or local need in our area?

Yes / No / Maybe

Does our church offer a clear and warm welcome to everyone who walks through the door?

Yes / No / Maybe

GENEROSITY

Score: /10

Do we regularly offer opportunities for people in our community to give their time money and skills to the mission of our church?

Yes / No / Maybe

Are we intentionally working on being more environmentally conscious as a church?

Yes / No / Maybe

SHARING FAITH

Score: /10

Do we have a shared culture of talking about our faith together, and supporting one another in our faith journeys across our church community?

Yes / No / Maybe

Do we enable our community to live and witness to their faith in everyday life?

Yes / No / Maybe

REST

Score: /10

Do we do things as a church community that celebrate and affirm fun, playfulness and joy?

Yes / No / Maybe

Have we had a retreat or quiet day as a church within the last 12 months?

Yes / No / Maybe

Based on the answers above, you may want to think about two or three things you intentionally want to grow or develop over the next six months.

For a more reflective resource to go deeper into these questions, you can find the Rhythm of Life Toolkit on the Diocese of York's website.

