

A Rhythm of Life for the people of St John's & St Luke's



My commitment to Rhythming

Rhythming is all about learning to live in the way God intended, following natural rhythms of prayer, work, recreation and rest that promote our well-being. In order to do this, I commit to:

1.
2.
3.

(Make at least one commitment)

My commitment to continuing

Learning to live by a Rhythm of Life is not an overnight process. It is about spiritual formation

It will take time and effort – hence why we are asking you to make commitments in the above areas. But we believe it will provide a trellis, not a straight-jacket, to allow us to flourish and grow – and that is exciting

MY PRACTICAL COMMITMENTS

Jesus said: *'Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace.'* Matthew 11:29

Name:

Date:

Review date:

Fellow traveller:

Your personal Rhythm of Life can be developed by making practical commitments. These will need to be reviewed, especially when things change.

NB *These commitments should only be made after looking at the separate introductory leaflet.*

Making a good start!

Begin your personal Rhythm of Life adventure by:

1. *Taking time to look over the 4 areas of our RoL*
2. *Choosing to make one or more practical commitments in each area*
3. *Participating with others, not least your fellow traveller*
4. *Reviewing your commitments periodically (not forgetting to set your review dates!)*

My commitment to Treasuring

Treasuring is all about unearthing and sharing the many blessings God has blessed us with, and helping other people to do the same. In order to do this, I commit to:

1.
2.
3.

(Make at least one commitment)

My commitment to Transforming

Transforming is all about seeking, over time, to live the sort of life Jesus might live if He were living my life. In order to do this, I commit to:

1.
2.
3.

(Make at least one commitment)

My commitment to Travelling Together

Travelling Together is all about recognising that life as a Christian (the journey of discipleship) is best lived out as a shared or supported journey. In order to do this, I commit to:

1. Finding a fellow traveller
2.
3.

(Make at least one commitment)