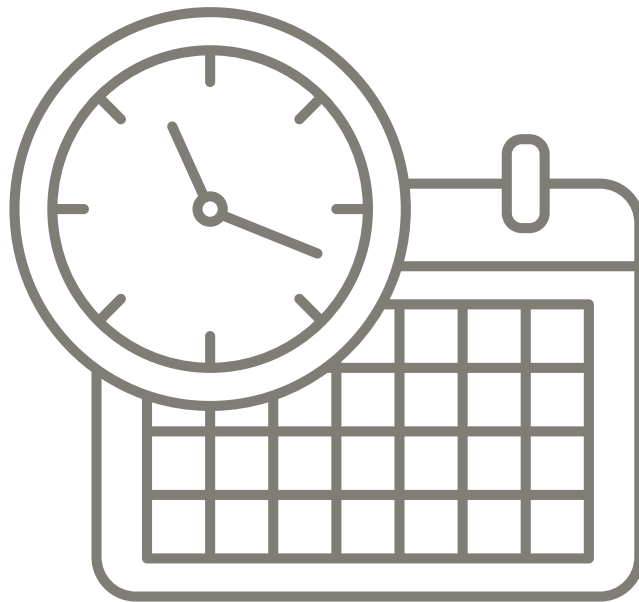


A STEP-BY-STEP GUIDE TO BUILDING A  
**RHYTHM OF LIFE**

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# RHYTHM OF LIFE

1

TIMEFRAME :

3

CORE VALUES

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2

GUIDING QUOTE

Large empty rectangular box for a guiding quote.

4

RHYTHMS

DAILY

Large empty rectangular box for daily rhythms.

WEEKLY

Large empty rectangular box for weekly rhythms.

MONTHLY

Large empty rectangular box for monthly rhythms.

5

MORNING LITURGY

ADDRESS

PRAY

READ

WRITE

READ

PRAY

Large rectangular box for morning liturgy with labels on the left side.

6

INTENTION

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# RHYTHM OF LIFE

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1

## TIMEFRAME

Pick a timeframe that makes sense for you to practice this rhythm in  
ex: during the fall, until Christmas, for 3 months

2

## GUIDING QUOTE

Pick a meaningful quote, verse, idea, theme, or specific virtue that  
you would like to guide you

3

## CORE VALUES

Knowing what is important to you can be a valuable guide as you  
build your rhythm of life

*see pages 5- 6 for a guide on how to discern some core values*

4

## RHYTHMS

This is where you will build your rhythm! included are some  
brainstorming activities to help you identify what rhythms might be  
life-giving for you this season

*see page 7-8 for a guide on how to discern what this might look like*

5

## MORNING LITURGY

This is an opportunity for a rhythm within a rhythm. beginning with  
a small morning rhythm can set the tone for the rest of the day

*see page 9 for a guide on creating your morning liturgy*

6

## INTENTION

This is something you will write to guide yourself back when you  
feel distracted from the rhythm you've created. it is to draw you  
back into why you originally wanted to engage in this practice.  
Why did you want to do this? Why was creating this rhythm  
important to your life? If it is helpful write it as a note to your future  
self

# RHYTHM OF LIFE

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## GENERAL GUIDELINES

- Remember that this is just for a season. This does not have to look like rhythms you had in the past or what the rhythms of those around you look like. This is your real life.
- This is a practice. Treat it like other practices in your life. It doesn't have to be perfect the first time. Keep what works, change what doesn't.
- You cannot fail a rhythm of life. Your life already has a rhythm, this practice simply gives some intention to the way you spend your days.
- Have fun! Do something you wouldn't normally do. Get creative and get out of your comfort zone.
- This is about you and God growing in relationship. If this is not serving that end, don't do it!
- Don't try to do it all. You will drown! Find meaningful and realistic rhythms.

## 3

## CORE VALUES

Set a timer for 10 minutes. Take a look at the list below and circle the values that are important to you. It is easy to want some values more than others, try to be honest with yourself about what you actually value. Some questions you could ask to discern this are:

- What defines me when I am at my best?
- What upsets me or makes me mad? Is there a value you see on the list that correlates?

Once you have several noted try to look for themes between some of the values. Do there seem to be any connections? Narrow it down to 3 core values and add them to your rhythm of life outline.

Accountability	Friendship	Peace
Achievement	Fun	Perseverance
Adaptability	Future generations	Personal fulfillment
Adventure	Generosity	Power
Altruism	Giving back	Pride
Ambition	Grace	Recognition
Authenticity	Gratitude	Reliability
Balance	Growth	Resourcefulness
Beauty	Harmony	Respect
Being the best	Health	Responsibility
Belonging	Home	Risk-taking
Career	Honesty	Safety
Caring	Hope	Security
Collaboration	Humility	Self-discipline
Commitment	Humor	Self-expression
Community	Inclusion	Self-respect
Compassion	Independence	Serenity
Competence	Initiative	Service
Confidence	Integrity	Simplicity
Connection	Intuition	Spirituality
Contentment	Job security	Sportsmanship
Contribution	Joy	Stewardship
Cooperation	Justice	Success
Courage	Kindness	Teamwork
Creativity	Knowledge	Thrift
Curiosity	Leadership	Time
Dignity	Learning	Tradition
Diversity	Legacy	Travel
Environment	Leisure	Trust
Efficiency	Love	Truth
Equality	Loyalty	Understanding
Ethics	Making a difference	Uniqueness
Excellence	Nature	Usefulness
Fairness	Openness	Vision
Faith	Optimism	Vulnerability
Family	Order	Wealth
Financial stability	Parenting	Well-being
Forgiveness	Patience	Wholeheartedness
Freedom	Patriotism	Wisdom

list of values borrowed from Brené Brown: <https://brenbrown.com/resources/dare-to-lead-list-of-values/>

## 4

## RHYTHMS

*Set a timer for 5 minutes. Brainstorm the things in your life that deepen your relationship with God. Set the timer again and this time focus on this that dampen your relationship with God.*

*If you need help with either of these, take a look at your calendar or your photos. Looking back, what things were you glad you did? What things do you wish you would have said no to? What's missing ?*

DEEPEN	DAMPEN

# 4

## RHYTHMS

*Thinking about your guiding quote, your core values, and the things that deepen or dampen your relationship with the Lord take time to think about rhythms that could serve those. Think both about the personal rhythms as well as the communal rhythms you want to have.*

*reminder! don't try to do it all!  
find the things you want to  
focus on*

*Some areas to consider are: scripture reading, prayer, silence/solitude, study/reflection, sleep, sabbath, physical health, recreation, hobbies, money, possessions, friendships, neighbors, marriage, children/parenting, generosity, education, simplicity, care for the church body, emotional health.*

*Brainstorm below, when complete choose a few (3-5) from each timeframe to add to the rhythm of life template.*

DAILY

WEEKLY

MONTHLY

# 5

## MORNING LITURGY

*If you have a morning routine that works for you keep it! If you're looking for a way to freshen up your time with the Lord use this guide to craft a new rhythm for interacting with Him.*

### ADDRESS

*Find a meaningful way to address God as you begin.*

*examples include: Father, Maker of heaven and earth, Creator, Savior, Prince of Peace, or Abba.*

### PRAY

*Ideas:*

- *festoon the psalms*
- *use a borrowed prayer*
- *write a prayer of your own*
- *pray around a specific topic/idea*
- *pray in light of your guiding quote/theme*

### READ

*What do you want to read from scripture for this season? Is it something related to your guiding quote/theme/virtue?*

*Ideas: read one passage every day for this season (ex. 1 Corinthians 13), pick a book to read over and over, read the bible in an unfamiliar translation (ex. the message or the new living translation), listen to the Bible (the dwell app is great for this!)*

### WRITE

*Ideas of what to write:*

- *3 things you are grateful for from the day before*
- *one page reflection on an idea or question from what you read*
- *write about a current joy or lament*

### READ

*Find something else to read. Maybe it is intellectually stimulating non-fiction, maybe it is poetry, maybe fiction! Set a timer or limit on what this will look like (ex. 15 minute timer or 1-2 chapters) Do what feels reasonable and sustainable.*

### PRAY

*I have personally been impacted by the repetition of praying the same borrowed prayer every day to end my time with the Lord. Find a borrowed prayer or write your own prayer to close your time with the Lord in the same way every day.*



# RHYTHM OF LIFE

TIMEFRAME: *summer 2023*

## CORE VALUES

*belonging*

*wisdom*

*fun*

## GUIDING QUOTE

*"Wisdom is not a matter of expertise."*

*- Eugene Peterson -*

### DAILY

- make matcha with morning liturgy*
- take a walk at sunset*
- have a fun historical book to read*
- in the evening write a haiku about the day*

## MORNING LITURGY

### ADDRESS

*Maker of the cosmos, this world and my very own soul,*

### PRAY

*pray psalm 23*

### READ

*Read through proverbs again and again*

### WRITE

*reflect on proverb through journaling*

### READ

*read C. S. Lewis' Little Book of Wisdom*

### PRAY

*festoon the psalms*

### WEEKLY

- try a new place to eat with international friends*
- try pottery with a friend*
- practice the sabbath*

## INTENTION

*future self,*

*this practice is for you, it is for your good and your likeness to Jesus there is no judgement in starting again go have fun!*

*Amen*

### MONTHLY

- plan and invite friends into a 1/2 day sabbath adventure*
- host soccer/sport watch party for friends*
- have 1/2 day in solitude and silence*

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