

Rhythm of Life

CULTIVATING UNFORCED RHYTHMS OF GRACE



A rhythm of life is “something to hang on to in the dark, something that points out the road, something that gives us support as we climb.” –Joan Chittister

For thousands of years, men and women have been intentionally ordering their lives to do life with God. This year at The Practice, we will join them as we each craft a personal rhythm of life. A rhythm of life is a **description** of the life we long to live and the **way** we will live that life.

A rhythm begins with a description of the life we long for in our deepest desires. With the Holy Spirit's guidance, we want to explore our surface desires (success, money, to be liked by everyone, etc.) and follow them like a trail of breadcrumbs to our deepest longings, to find our true home in God. Because a rhythm of life involves our whole selves and every area of our lives, we will craft our description using four relationships. What we want to be true in our relationship with God, self, others, and the world.

In order to begin crafting a description of the life you long for, spend some time reflecting on the questions below. Use them as a guide to explore your desires in each relationship. Find a space where you can be present to God in this exercise. Take a couple deep breaths. Remember God is closer than the air we breathe, and ask the Holy Spirit to guide your thoughts and reflections.

Describe the relationship you desire to have with God.

Write 3–5 words or phrases that describe the relationship you want to have with God.

What does this relationship look like in times of pain and struggle?

What does this relationship look like in times of joy and celebration?

What do you want from God? What do you need from God?

Describe the relationship you desire to have with yourself.

Write 3–5 words or phrases that describe the relationship you want to have with yourself.

How do you want to speak to yourself?

How do you want to respond to guilt, shame, and sin in your life?

What does this look like when you feel the pull to act like someone you are not?

How do you want to see and care for your body and use the resources you have been given?

Describe the relationship you desire to have with others.

Write 3–5 words or phrases that describe the relationship you want to have with the people in your life.

What kind of person do you want to be toward your friends and family, and what you want from them?

How do you want to represent the love and grace of God to others?

How do you want to receive the love and grace of God from others?

Describe the relationship you desire to have with the world.

Write 3–5 words or phrases that describe the relationship you want to have with the world.

Describe how you want your gifts and passions to help you to partner with God in His kingdom work.

How do you want to use the resources (time, money, talents) God has given you?

What do you long to be true about the way you live in your current job?

How you would like the strangers you interact with throughout the day to experience your presence?

Take a moment now and summarize your reflection. Use this image to write a description of the life you long for in your relationship with God, self, others, and the world.

