

# Rhythm of Life

CULTIVATING UNFORCED RHYTHMS OF GRACE

## OUR DESIRES

A rhythm of life is both a *description* of the life we long for and the *way* we will live that life. A **description of the life we desire in our deepest longings is like a source of nourishment in the wilderness.** It will continually draw us closer to God and help form us into the people we were created to be.

Find a space to be present with God. Ask the Holy Spirit to guide your reflection and spend a couple of minutes with each of these questions. Write your responses in the image to the right.

### Imagine the life you desire in your relationship with God.

*What words describe how you want to relate to God?*

### Imagine the life you desire in your relationship with yourself.

*What do you want to know about yourself and believe to be true about who you are?*

### Imagine the life you desire in your relationship with others.

*What words describe how you want to relate to the people in your life and experience transformational community?*

### Imagine the life you desire in your relationship with the world.

*What words describe how you want to partner with God's kingdom work in the world?*

## THE WAY

**If our actual lives are going to align with our God-given desires, we must be formed by God into the people we were created to be.** Jesus tells us the life we desire is lived from the inside out. This is why we need the disciplines.

The spiritual disciplines are practices that open us up to the transforming presence of the Holy Spirit. They help us cultivate an awareness of and partnership with the presence of God in our everyday lives. **The disciplines themselves don't transform us, but they open us to the transforming presence of the Holy Spirit.**

Let's hold our desires now in the presence of God.

*Speak the words aloud as a prayer.*

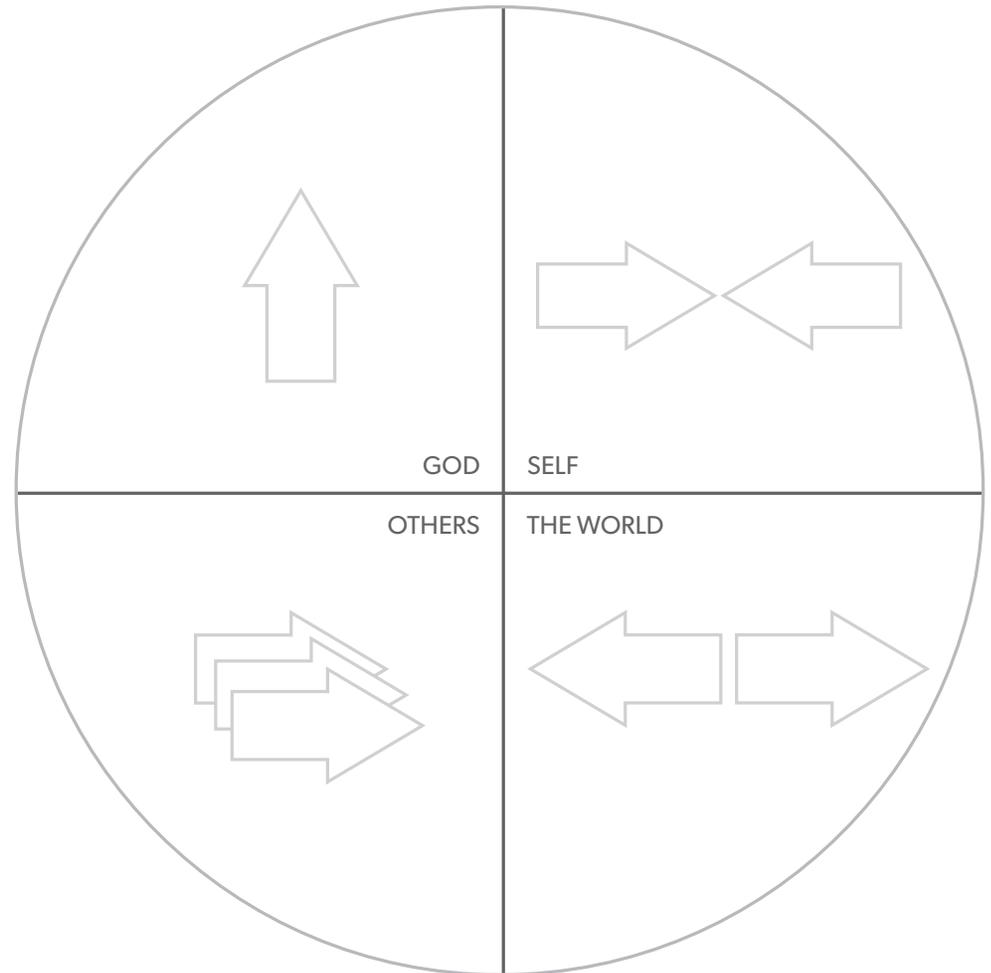
*Which desires are you drawn toward in this season?*

*Where do you sense the Holy Spirit stirring?*

*Circle these desires.*

Now, ask God to guide you to the spiritual disciplines that will open you to the presence of the Holy Spirit for your formation in these desires. If specific disciplines come to mind, write them in the image below your desires. If you need some help aligning your desires with a discipline, you will find some suggestions on the back. After identifying a discipline, consider the frequency with which you will engage. Will you practice it daily, weekly, monthly?

As you practice your rhythm, pause regularly to reflect on it in the presence of God. What comes easily in your rhythm, and where have you experienced resistance? What are you learning about yourself and God in your practice? Is there anything in your rhythm that needs to be changed or modified?



## RELATIONSHIP WITH GOD

### DESIRE

Growing in awareness of God's blessing

Growing to honor and adore God and the supreme treasure of life

Recognizing God's presence in my everyday

Recognizing God's activity in my everyday life

Developing a greater understanding of God

Experiencing God in the Holy Scriptures

Quieting your heart to focus on God alone

Letting go of shame and experiencing the love and grace of God

### DISCIPLINE

Gratitude

Worship

Examen, Breath Prayer,  
Practicing the presence,  
Spiritual Direction

Journaling, Spiritual Direction

Study

Lectio Divina, memorization,  
meditation

Centering prayer

Confession

## RELATIONSHIP WITH SELF

### DESIRE

Disentangling your value from activity, productivity, accomplishments, and possessions to rest in God

Recognizing God's presence in my everyday life

Recognizing God's activity in my everyday life

Remove distractions to simply be with God

Letting go of shame and experiencing the love and grace of God

Let go of idols and false scripts and trust that God is enough

### DISCIPLINE

Sabbath, Simplicity

Examen, Breath Prayer,  
Practicing the presence,  
Spiritual Direction

Journaling, Spiritual Direction

Silence, Solitude, Retreat

Confession, Spiritual Direction

Simplicity, Sabbath,  
Stewardship, Fasting

## RELATIONSHIP WITH OTHERS

### DESIRE

Provide a place for others to experience the love, grace, and welcoming nature of God

To enter into an authentic and healing relationships with those who are different from us

To be known and loved in a safe, authentic, and supporting community

To hold others before God in prayer or to become aware of and join God's prayer for another

### DISCIPLINE

Hospitality

Small group

Small group, Spiritual  
Friendship

Intercession

## RELATIONSHIP WITH THE WORLD

### DESIRE

To care for and share God's love with those in emotional, physical, relational, or spiritual need

Growing to love others with more than words, but in our activity whether it is recognized or not

To see others through Jesus' eyes of love

Growing to be other centered rather than self-centered

### DISCIPLINE

Blessing, Compassion,  
Service

Blessing, Compassion, Justice,  
Secrecy, Service

Compassion, Justice, Service

Compassion, Justice, Secrecy,  
Service

## ADDITIONAL RESOURCES:

*Spiritual Disciplines Handbook* by Adele Calhoun

*Sacred Rhythms* by Ruth Haley Barton

*Celebration of Discipline* by Richard Foster