

Rhythm of Life

Quick Start Guide

‘Walk with me and work with me – watch how I do it.
Learn the unforced rhythms of grace.’

Matthew 11.29 (The Message)

What’s it all about?

We each adopt rhythms of life, as our circumstances change.

To put this another way, we each have rhythms of loving, living and learning.

As Christians, we believe Christ should be at the heart of our loving, living and learning.

The ‘Rhythm of Life’ initiative is offered as a way of helping with this, across the diocese.

It’s designed to work with and add to the rhythm of any good things we’re already doing.

What’s involved?

There are four simple steps:

- 1 Taking stock
- 2 Making one or more practical commitments
- 3 Participating with others
- 4 Reviewing your commitments periodically



What support is available?

Anyone joining in will be provided with:

1. Help to get started
2. Areas to consider
3. Resources
4. Opportunities for mutual support

So how do I get started?

1. Download the Rhythm of Life [invitation leaflet](#) and the [Practical Commitment Card](#).
2. Join a Rhythm of Life [‘Get started’ session](#) (optional).
3. Set aside some time for ‘taking stock’ and reflecting on your current rhythm of life.
4. Begin your ‘taking stock’ time by praying for wisdom to identify practical commitments that will make a positive difference.
5. Use the Rhythm of Life invitation leaflet to consider which of seven suggested areas could benefit from attention in your current circumstances.
6. For ideas for practical commitments, consult the Practical Commitment Card and the resources section on the [Rhythm of Life page](#) on the Digital Learning Platform.
7. Make one or more practical commitments, recording details on your card.
8. Set a date when you will pause to review and take stock again, recording it on your Practical Commitment Card.
9. Be open to sharing your experience of your chosen commitment(s) with others.
10. Join in with this ongoing venture by [subscribing to updates](#), including opportunities for mutual support.