

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 (The Message)

Name:

Date:

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

More here: learning.leeds.anglican.org/RoL

Developing my Rhythm of Life

As Christians, we believe Jesus should be at the heart of our rhythms of life, whatever our circumstances. This will have a positive impact on our loving, living and learning in the world. Develop your personal *Rhythm of Life* by:

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

Join us here: learning.leeds.anglican.org/rol to receive RoL updates

Journeying Together

In the Diocese of Leeds, we want to help each other develop our *Rhythms of Life*. This will mean sharing resources and mutual support.

Special attention will be given to these key areas:

Praying Encouraging Reflecting

Celebrating Resting Sharing Creating

Consider when you will review your Personal Rhythm of Life

Next Review date:

My Commitment to Loving

How do I pray, encourage and share?

- Daily/regular prayer, Bible reading and worship
- Renewing contact with family and friends
- Giving regularly to my church
- Sharing the difference my faith makes
- Daily acts of kindness

My commitment(s) will be:

For resources and more ideas: learning.leeds.anglican.org/rol

My Commitment to Living

How do I celebrate and rest?

- Regular physical exercise
- Weaving thankful prayer into everyday activities, taking stock at the end of each day
- Making time for hobbies/activities which refresh me; allowing myself to play
- Taking more notice of God's creation, living simply, valuing our environment

My commitment(s) will be:

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My Commitment to Learning

How do I reflect and show creativity?

- Exploring my Christian faith using aids for Bible reading / online course
- Using my experience to create something new
- Taking a caring interest in another country or locality
- Working to improve a difficult relationship

My commitment(s) will be:

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