

# Everyone, Everywhere Growing in Faith

## Rhythms

Different things help different people to grow in their faith, some people call those things spiritual rhythms, patterns or habits. Some people find it easy to maintain those patterns and others find it a challenge and try many things over time.

What does this image say to you about spiritual rhythms?



Mark 1:35-39

Jesus prays in a solitary place

What does this passage say to you about spiritual rhythms and growing in faith?

Try reading this passage from a different translation than you would normally read.



**Growth**

**Rhythms**

**Others**

**Word**

**Together**

**Hope**

How do spiritual rhythms help faith growth?

What spiritual rhythms have helped you grow in faith?

Write down or draw as many spiritual rhythms as you can think of. In a different colour, circle the ones you have tried. In a further colour, circle ones you would like to try. Take time to think on your own or with others about how you might try and include a new spiritual rhythm into your life. You might find it helpful to add reminders on your phone or in your diary or to put a note somewhere visible in your house to help you.