



A rhythm for life is a simple statement of personal rhythms that you choose to practice to intentionally center your life in loving God, and allowing him to form you.

Each practice is not meant to be a burdensome “do” or “don’t,” but rather is a way to partner with God in the transformation only he can bring.

HOW TO DEVELOP A RHYTHM FOR LIFE

The following reflections can help you develop a rhythm for life. Consider what you are longing to change in your life, and talk to God about it. Ask him to give you a way of making space for him. If possible, do this with the aid of a spiritual director.

Here are a few questions to guide you:

1. When and where do you feel closest to God? Pay attention to the experiences, practices, and relationships that draw you toward God. Are there practices that seem to draw you away from God?
2. Who do you want to become? What is most important to you? What practical things can you do to move toward that vision?
3. What practices and rhythms help your spiritual journey? What hinders you in spiritual journey? What is most life-giving to you?
4. What “old self” ways or sin patterns are disrupting your ability to love and trust God? What practices might help you pursue holiness in those areas?

Prayerfully ask God, “How are you inviting me to make space to encounter you?” Choose several rhythms or practices that arise from your desire for God’s transforming work in your life. Begin practicing your Rhythm for Life with grace for yourself and openness to God.

An example of a Rhythm for Life:

- Begin and end each day with a quiet moment with God.
- Seek community with spiritual companions.
- Have a weekly Sabbath.
- Meet with a spiritual director once a month.