

RHYTHM FOR LIFE

A rhythm for life is a simple statement of personal rhythms that you choose to practice to deepen connection with God, self, others, and your environment. Each practice is not meant to be a burdensome “do” or “don’t,” but rather, a way to partner with God in your growth and transformation.

HOW TO DEVELOP A RHYTHM FOR LIFE

The following reflections can help you develop a Rhythm for Life. Consider your desires and hopes, as well as how you sense God’s invitation to you. 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 nurture your soul? What is most life-giving to you?
4. What things in your life do you want to edit or omit? Are there things that you want to adjust in order to make space for what is important and essential?
5. What practices fit with the season and stage of life you’re in?

An example of various things you could include in your Rule for Life:

- Spend time in silence and solitude with God.
- Connect with others for support and encouragement.
- Move your body in a way that energizes or replenishes you.
- Have a Sabbath day.
- Go on a contemplative walk.
- Meet with a spiritual director.
- Create art that flows from your soul.
- Take an extended retreat.
- Listen to music.

Prayerfully ask God, “How are you inviting me to make space to connect with you, myself, others, and my environment?”

Choose several rhythms or practices that you’d like to incorporate into your life. Begin practicing your Rhythm for Life with grace for yourself and openness to God. Allow yourself the flexibility to adjust this Rhythm for Life as needed.