

GETTING STARTED

This guide is meant to help you reflect on your life and journey with Jesus and create a rhythm for the season you are in.

RHYTHM OF LIFE

A RHYTHM OF LIFE HELPS YOU, AS A FOLLOWER OF JESUS, TO JOYFULLY AND SUSTAINABLY LIVE THE ONE-ANOTHERS, NEIGHBOR-WELL, AND DO JUSTICE.

WHAT IS THIS TOOL FOR?

Simply put, this is a tool to help you create your own rhythm of life with Jesus. There are an overwhelming number of practices, disciplines, exercises, and programs that can help us grow closer to Jesus, but not all of them fit well with our unique personality and season of life. This tool is meant to help you both select a few practices to include as well as reflect on how they integrate into your everyday life. A rhythm of life can help you do your regular life with Jesus, and this tool can help you craft that rhythm.

HOW DO I USE IT?

You'll find prompts, reflection questions, and exercises on the pages to come, but the goal is not to fill in every box with all the profound self-insight you can muster. It's to feel equipped to follow Jesus, joyfully and sustainably, in the season you find yourself in right now. Use as much, or as little, as you need. Your rhythm of life should be unique to you, and so should your use of this tool. We walk through the following pages in episode 7 of The Launch Pod, if you'd like to follow along with us.

OUR HOPE AND PRAYER

We hope this helps you better connect with Jesus in your everyday life. We pray that God would call to mind exactly the commitments you need to make in this season; give you the courage to follow through; and provide supportive friends who will do it right alongside you. We pray that life with Jesus would bring you great joy, and that learning to develop, and adjust, your rhythm of life would help you sustain that relationship over the long haul.

WHERE AM I NOW?

For each of these values, give a number rating. Then use the space below to write some thoughts about why you picked the number you did.

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I HAVE PRACTICES THAT HELP ME CONNECT WITH GOD

1 2 3 4 5 6 7 8 9 10

I AM BEING GENEROUS WITH MY RESOURCES

1 2 3 4 5 6 7 8 9 10

I AM CARING FOR MYSELF MENTALLY AND PHYSICALLY

1 2 3 4 5 6 7 8 9 10

I AM CULTIVATING RICH, MEANINGFUL RELATIONSHIPS

1 2 3 4 5 6 7 8 9 10

I WORK TO HONOR THE IMAGE OF GOD IN PEOPLE WHO ARE DIFFERENT FROM MYSELF

1 2 3 4 5 6 7 8 9 10

MY LIFE FEELS JOYFUL AND SUSTAINABLE

1 2 3 4 5 6 7 8 9 10

WHAT IS THIS
SEASON OF LIFE LIKE
FOR ME?

A rhythm of life is seasonal,
not forever, and works well
when it adjusts to what is
really going on in your life.
Let the prompts below
influence your practices in
this season.

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JUSTICE.

HOW WOULD I DESCRIBE
THIS SEASON OF MY LIFE?

WHAT IS BRINGING ME
JOY AND LIFE ?

WHAT IS STRESSFUL
OR BURDENSOME?

**WHAT'S WORKING
AND WHAT ISN'T?**

In these areas, does anything stand out to you as really working--or really not working? Note those things. And remember, you don't need something in every box!

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**I HAVE PRACTICES
THAT HELP ME
CONNECT WITH GOD**

**I AM BEING
GENEROUS WITH
MY RESOURCES**

**I AM CARING FOR
MYSELF MENTALLY
AND PHYSICALLY**

**I AM CULTIVATING
RICH, MEANINGFUL
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**I WORK TO HONOR THE
IMAGE OF GOD IN PEOPLE
WHO ARE DIFFERENT
FROM MYSELF**

**MY LIFE FEELS
JOYFUL AND
SUSTAINABLE**

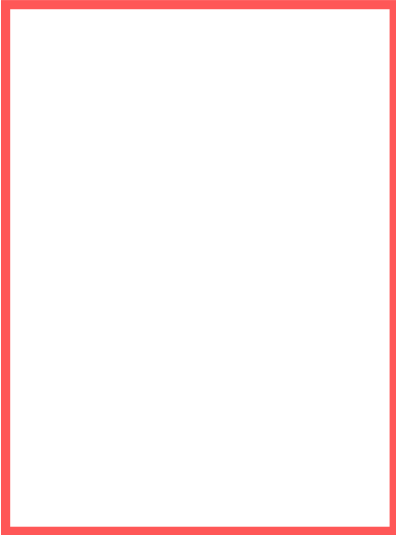
**WHERE DO I HOPE TO
BETTER CONNECT
WITH JESUS?**

Pick 1-3 areas where you want to invite God to bring change and growth in this season. Write out your hopes for that area, and any ideas you might have about what you could start or stop doing that might help.

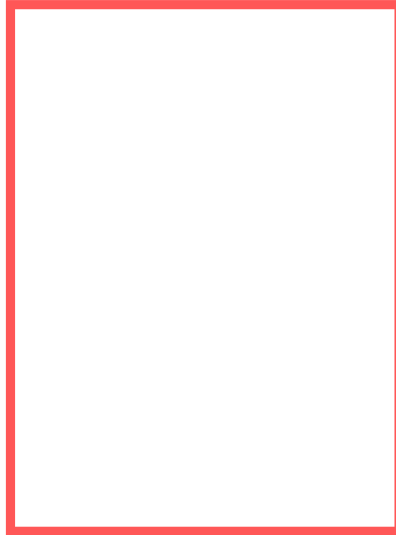
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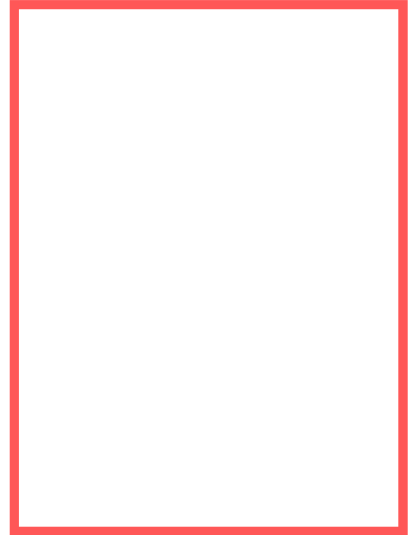
**LIVING CONNECTED
TO GOD**



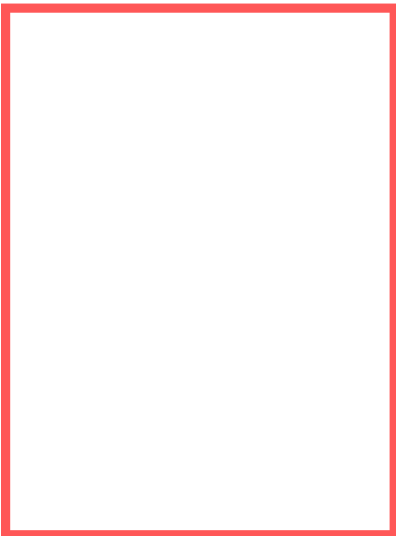
**BEING GENEROUS
WITH MY
RESOURCES**



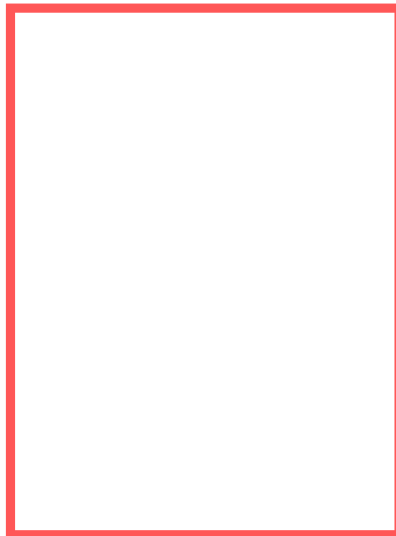
**CARING FOR
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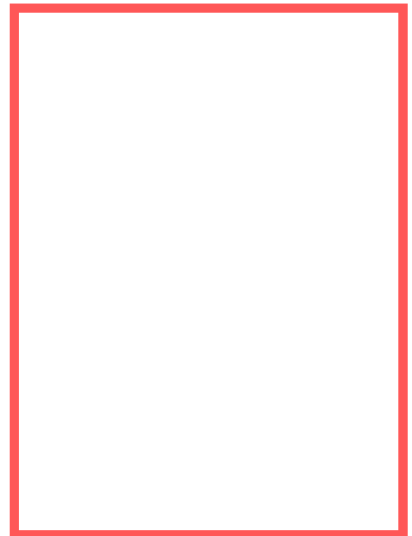
**CULTIVATING RICH,
MEANINGFUL
RELATIONSHIPS**



**HONORING THE IMAGE OF
GOD IN PEOPLE WHO ARE
DIFFERENT FROM MYSELF**



**LIVING JOYFULLY
AND SUSTAINABLY**



WHAT ARE MY CHOICES?

There are many different practices that can help a person follow Jesus. Here are some common ones. For the areas you've chosen to focus upon, select 1 or 2 practices that you'd like to try, or add your own ideas.

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LIVING CONNECTED TO GOD

- Centering prayer
- Memorizing Scripture
- Solitude
- Journaling
- Confession
- Being in nature
- Music
- Gathering with other Christians in worship
- Engaging with a book or podcast that deepens my thinking

BEING GENEROUS WITH MY RESOURCES

- Secret giving
- Acts of service
- Gifting a meal
- Committed serving
- Gratitude list
- Practicing hospitality
- Simplicity
- Blessing others
- Care of the earth

CARING FOR MYSELF MENTALLY AND PHYSICALLY

- Naps/Bedtime
- Seeing a therapist
- Sabbath
- Connecting with friends
- Doing a favorite activity
- Exercise
- Retreat
- Simplicity
- Slowing

CULTIVATING RICH, MEANINGFUL RELATIONSHIPS

- Sharing your story
- Encouragement
- Confession
- Celebration
- Prayer with/for others
- Expressing gratitude to people
- Practicing hospitality
- Forgiveness

HONORING THE IMAGE OF GOD IN PEOPLE WHO ARE DIFFERENT FROM MYSELF

- Listening to diverse voices
- Blessing others
- Gathering for a meal
- Advocating for marginalized groups
- Forgiveness
- Charitable interpretation

LIVING JOYFULLY AND SUSTAINABLY

- Play
- Sleep
- Sabbath
- Journaling
- Tech fast
- Examen
- Slowing

BRINGING THINGS TOGETHER

What would you like to intentionally include or stop doing in this season in order to live more connected to Jesus?

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PRACTICES I WANT TO INCLUDE IN THIS SEASON:

HOW OFTEN WOULD I LIKE TO DO THIS?



THINGS I WANT TO CHANGE, STEP AWAY FROM, OR LET GO OF IN THIS SEASON:

PEOPLE I WANT TO INVITE INTO THIS SEASON:



WRAPPING UP

What is your next faithful step in light of what you've explored here?

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SOME FINAL QUESTIONS:

- CAN THIS FIT INTO MY REGULAR, EVERYDAY LIFE?
- HAVE I COMMITTED TO A 'RIGHT-SIZED' RHYTHM--NOT TOO MUCH CHANGE, NOT TOO LITTLE CHALLENGE?
- DOES THIS FEEL LIKE IT WILL CULTIVATE A MORE JOYFUL AND SUSTAINABLE LIFE AS A FOLLOWER OF JESUS?
- WHAT HELP DO I NEED TO GET STARTED?
- DO I NEED TO ADD OR DELETE ANYTHING FROM MY CALENDAR?

SOME POTENTIAL NEXT STEPS:

- ADD THE TIME FOR A PRACTICE TO YOUR CALENDAR
- CANCEL SOMETHING ON YOUR CALENDAR
- TELL A TRUSTED FRIEND WHAT YOU'RE HOPING FOR IN THE SEASON AHEAD
- FIND A BOOK, BLOG OR PODCAST ABOUT A PRACTICE YOU'RE PLANNING TO INCLUDE
- ASK FOR HELP GETTING STARTED. CURTIS OR MEREDITH WOULD LOVE TO HAVE COFFEE (OR GET ON ZOOM.)

ADDITIONAL RESOURCES:

- BOOKS: SPIRITUAL DISCIPLINES HANDBOOK BY ADELE CALHOUN; LIFE YOU ALWAYS WANTED BY JOHN ORTBERG; SACRED PATHWAYS BY GARY THOMAS
- PODCASTS: THE LAUNCH POD, "JOYFUL AND SUSTAINABLE"; "RHYTHM OF LIFE"