

# RHYTHM OF LIFE WORKSHEET

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As you begin this time of reflection, invite the Holy Spirit to guide you and to help you welcome your own soul.

## ***Listen to your desire.***

What words, phrases, pictures, prayers seem to most consistently capture my sense of longing for God and for transformation?

## ***Notice the movement of God in your life.***

Where do I see God moving in my life? Where am I feeling drawn by God? Is there a specific area that God is inviting more healing, more transformation, more growth? *(Resource sheet attached, "Possible Areas of Transformation.")*

## ***How can I cooperate?***

Are there spiritual practices that will help me cooperate with God's movement in my life?

*(Please feel free to check the resource sheet, "Spiritual Practices for Areas of Growth" and/or seek some guidance from your small group facilitator, spiritual director or pastoral leader.)*

Are there other spiritual practices (for both personal and shared rhythm) that are currently very life giving for you or that you feel drawn? *(See resources, "Spiritual Practices" and "Shared Rhythm for Monte Vista Chapel")*

*Other questions to consider in developing a healthy rhythm of life:*

- What do I need to keep my heart open, alive, engaged, tender, and surrendered?  
*Proverbs 4:23 - "Watch over your heart with all diligence, for from it flow the springs of life."*
- What helps me honor my body and be a grateful steward of the body God has given me?
- Which relationships seem to encourage, support, and challenge me in offering myself to God steadily and consistently?
- How often do I need a longer space (half a day, one whole day, 2 days, etc.) to unplug, reflect more deeply and spiritually replenish?
- What helps me have fun, orient to beauty, orient to joy, orient to spaciousness?  
How often do I need this kind of time?

***Begin to write out a plan.***

Be sure to take into account the limits and opportunities of your life stage, your personality, your enneagram number, your circumstances.

- What practices, relationships and activities will I seek to engage on a daily basis? Weekly? Monthly? Annually? Where will I engage? What time of the day/week/month/ year? (Write these answers on a piece of flip chart paper.)
- From all you wrote down on the flip chart paper, which 1 or 2 do you feel drawn to prioritize first? Star them. (*A question to consider - Is there one thing on your sheet that if you prioritize it first, it often helps the desire and flow for the rest of your rhythm?*)
- What kind of support do you need to consistently incorporate them into your current rhythm of life? Will you need to make adjustments to your current schedule? Is there anyone you need to have a conversation with in order to make this happen (spouse, boss, friend, etc.)?