

# Discovering Your Spiritual Rhythms in Life



**"Teaching them to Observe all things..." Matt. 28:20f**  
**"Delight in the Lord and He shall give you the desires of your heart" Ps. 37:4**  
**"Be Still and Know that I am God..." Psalm 46:10**  
**"Seek first the Kingdom of God..." Matt. 6:33**  
**"Do that which gives you life and where you give life to others.." Westerhoff**

## **Finding...**

1. Pay attention – "Desires of the heart"
2. Listen at all levels
3. Be open & ready
4. Invite others counsel
5. Capture lessons learned previously

## **Following....**

1. Where is the energy as the Spirit moves? 'Desires of the heart'
2. What does it say to you?
3. What difference will this step make?
4. What does perseverance in active waiting look like?
5. What will be the consequence/benefit?

## **My Sacred Rhythms Taught Through Life's Experiences**

1. Don't plan – permit by being open
2. Listen more than you talk – listen deeply
3. Press on...through fear, ambiguity and confusion – God is there!
4. Inward/Outward Journey – balancing ministry expectations & call
5. Embrace but do not use your personality as excuse – trust the Spirit

## **Resources:**

Ruth Haley Barton, Sacred Rhythms: Arranging Our Lives for Spiritual Formation.  
Edward Hammett, Reframing Spiritual Formation: Discipleship in an Unchurched Culture and Spiritual Leadership for a Secular Age.  
Roger Helland & Leonard Hjalmarson. Missional Spirituality

# **Living Into Sacred Rhythm**

## My Personal Journey of Discovery

When the deep waters of life introduce you to a new world to swim in....

- I hear my heartbeat....;
- deacon retreat with Disciples "I can still do this"

5 Life Lessons About Living Into Sacred Rhythm and Divine Design:

### ***"Teaching Them to Observe ALL Things...."***

Be Open/Inviting

Be Prayerful

Pay Attention/Focus

\*Energy

\*Curiosity

Live in the Moment Not the Past

Pause/Reflect/Prioritize

### **Discovering Fun, Fruit-bearing & Fulfillment By Living into Sacred Rhythms in Your Church**

I. Be Open – Explore Possibilities by Paying Attention

\*To members, community, energy, alignments, disconnects

II. What's God up to?

\*In membership, community

\*Energy, apathy

III. Triangle of Ministry – Where do you see it come together?

IV. Where does faith and risk opportunities show up?

V. Where does heart burden/focus intersect with God's observed movement?

VI. What can you say no to in order to say more yes's in life/ministry?

VII. What is the next level – 'higher heights/deeper depths' for you? Your church? Your leadership?