

Resources

The following are resources that may help you create a rhythm of life.

You will find sample Rhythms of Life here:

The Rule of St Benedict: <http://www.osb.org/our-roots/the-rule/>

Northumbria Community - a dispersed community based on a Celtic rhythm of life: <https://www.northumbriacommunity.org/who-we-are/our-rule-of-life/what-is-a-rule-of-life/>

Sacred Ordinary Days is set up by an American ecumenical online community: <https://sacredordinarydays.com/pages/rule-of-life>

Order of the Mustard Seed is an English community influenced by Moravian and Celtic spirituality:

<http://orderofthemustardseed.com/en/what-is-a-rule-of-life/>

The St Anselm community is set up by the ARchbishop of Canterbury for young people <https://stanselm.org.uk/rule-of-life-2/>

Adams, *Cave, Refectory, Road* (Canterbury Press, 2010)

Cray Graham (ed), *New Monasticism as Fresh Expression of Church* (Canterbury Press, 2010)

Jones, Tony, *The Sacred Way: Spiritual Practices for Everyday Life* (Grand Rapids: Zondervan, 2005)

Mills-Powell, Mark, *St. Benedict for Today*, S103 (Cambridge: Grove Books, 2007).

Acknowledgements

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Northumbrian Community Rule of Life

Eastern Region Ministry Spirituality and Discipleship Course.

Exploring Worship



A RHYTHM OF LIFE

February 2019

Chose this day whom you will serve... but as for me and my household, we will serve the Lord. Joshua 24:15
Love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbour as yourself.” Dt 6:5, Lev 19:18

Those who have experienced and believed in God's love and mercy will desire to respond by loving God and their neighbour. It is, of course, easier said than done.

In the Bible, God enters into a covenant with his people to help them live God's way, day by day. The Methodist Church has followed this example and, holds a annual covenant service, at which everyone renews their commitment to God. It is a very moving service, so do attend one if you can. You can see the covenant here:

<https://www.methodist.org.uk/about-us/the-methodist-church/what-is-distinctive-about-methodism/a-covenant-with-god/>

Other Christians who have wanted to devote themselves to God have devised a 'rule of life'. These guidelines have been particularly common in monasteries. The most famous is the *Rule of St Benedict* - a very practical and down to earth guide on how to live in community.

More recently, many other Christians have realised that a 'rhythm of life' can strengthen their life with God. A rhythm is not a to do list, or a set of resolutions soon broken, but a framework for living. It is a goal to work towards, not something that you will be punished for failing. God is merciful and loving and a good rhythm will bring you in touch with God's love more frequently.



In preparation:

- What vows and commitments do I have that need obedience?
- What areas of my life need transformation?
- What is your purpose, aim in life?

Your rhythm of life might contain:

- A pattern for personal prayer and bible study
- Specific commitments to family life
- Friendships and other relationships
- A balanced work commitment
- A plan for leisure and Sabbath rest
- Opportunities for creativity and fulfilment
- A pattern for corporate worship and Eucharist
- Service to the world
- Good stewardship of your resources and gifts



What do you want your rhythm to look like?

- What sort of structure to your life?
- What sort of time commitments?
- What is realistic – not wishful thinking?
- What is my order of priority?
- To whom can you be accountable?

You may like to find a creative, pictorial way of depicting your rhythm. Such as the two rhythms pictured here.

... present yourselves as a living sacrifice... be transformed by the renewing of your minds, so that you may discern what is the will of God

Romans 12:1-2