

RHYTHMS OF LIFE WORKBOOK



God cares about our whole being – *physical, relational, intellectual, emotional, & spiritual*. This resource is an invitation to assess your whole self and consider rhythms that will lead towards a deeply formed life.

The following pages offer an overview of the 5 dimensions of a person, including ideas for practices you can consider. Pay attention to the areas where the Spirit is nudging you. Don't try to respond to every prompt.

As you reflect on the different dimensions you may feel prompted towards new rhythms, or affirmed to remain committed to practices already in place. Feel free to identify both.

This resource is meant to be an opportunity for reflection and invitation into rhythms of life. If this feels like a burden, you might need to take another approach.

Included with this workbook are a few samples of Rhythms of Life templates that you can use. You are empowered to adapt, modify, or create your own iteration.

"A disciple is a person who has decided that the most important thing in their life is to learn how to do what Jesus said to do."

- Dallas Willard



PHYSICAL

Our physical bodies are an essential part of our human experience, allowing us to engage fully in life and pursue our passions and goals.

A healthy body is the foundation for a healthy mind and spirit. When we take care of our physical health, we are better equipped to handle stress and adversity, and to enjoy the many pleasures of life. We have an embodied faith, and that means we will do well to pay attention to the health and habits of our bodies.

Areas to consider:

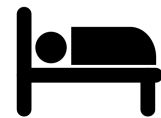
**FOOD &
DRINK**



**ACTIVITY &
EXERCISE**



REST

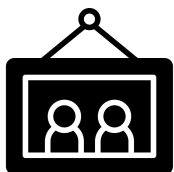


RELATIONAL

The relational dimension of a person is a fundamental aspect of what makes us human. It is through our relationships with others that we discover who we are and what we are capable of. Our connections allow us to experience life to the fullest, to share our joys and triumphs, and to weather the storms that come our way. By nurturing these connections, we create a life that is rich in meaning and purpose. We learn from others, develop our own unique perspectives, and become better versions of ourselves.

Areas to consider:

FAMILY



FRIENDS



NEIGHBOURS



INTELLECTUAL

The intellectual dimension of a person is a vital aspect of our being, shaping our perspectives and informing our actions. By embracing our intellectual curiosity and wonder we can discover new ways to meaningfully engage with the world around us. As we lean into the potential of our intellect we can cultivate a lifelong love of learning and exploration.

Areas to consider:

CURIOSITY



**CULTURAL
AWARENESS**



KNOWLEDGE



EMOTIONAL

The emotional dimension of a person is a crucial aspect of our humanity, shaping our experiences, perceptions, and interactions with the world around us. Emotional intelligence, or the ability to understand and manage our own emotions and those of others, is essential for spiritual health. It allows us to navigate social situations effectively, build strong, supportive relationships, and communicate our needs and desires clearly and respectfully.

Areas to consider:

**NAME YOUR
FEELINGS**



RECREATION



**HEALTHY
BOUNDARIES**



SPIRITUAL

At Lakeview, we use our postures to help guide our imagination for our spiritual formation. Spiritual practices help us to embody the postures and position ourselves well for the Spirit to work in our lives and bring about our spiritual formation.

Here is an overview of our Lakeview Postures. In the following pages we will explore spiritual practices related to each posture.



BACKWARD - LOCATING OURSELVES IN GOD'S STORY

We believe God has been actively at work in our world as witnessed in the scriptures and through the church. We stand on the shoulders of those who have come before us, and rest on the very best of our heritage to influence our practices and worldview.

 **INWARD** - CREATING SACRED SPACE
TO ENCOUNTER GOD

We commit ourselves to a personal, but not individualistic, devotion to Jesus. We also submit ourselves to one another trusting that in community is where we meet and hear from God.

 **FORWARD** - ANTICIPATING GOD'S
MOVEMENTS

We understand that our world faces challenges that must be thoughtfully navigated and negotiated. We are prepared to risk our comfort and security to help transform evil into good.

 **OUTWARD** - COLLABORATING WITH
GOD LOCALLY & GLOBALLY

We accept God's invitation to participate in the healing of our world. We welcome spiritual seekers and skeptics, and conspire with God in acts of justice and restoration.

**JOINING
GOD
IN THE
RENEWAL
OF ALL
THINGS**





BACKWARD - LOCATING OURSELVES IN GOD'S STORY



BIBLE READING

Be formed by God's story

We believe the Scriptures tell us the story of a loving God who created the world and is on task to redeem it all. But it is not always an easy read! We are separated in time and culture from the stories themselves, as well as from the communities that gathered and shared them. Our call as readers is not to master the text, but to wrestle with it.

Ideas: Bible reading plan, YouVersion app, Bible Project videos



IDENTITY FORMATION

Make sense of your story

Discovering and living out our identity as those loved and redeemed by God and called on mission is central to following Jesus. It's a lifelong journey that includes making peace with our past, receiving healing and forgiveness, and discovering what gifts we can offer the world.

Ideas: Spiritual Gifts Assessment, Enneagram Assessment, Discerning your S.H.A.P.E.



COMMUNITY BUILDING

Find your place among God's people

Faith is not a solo journey. When we follow Jesus, we do so alongside others who are committed to following him. We become a part of the Body of Christ, experiencing the transformation that comes from living in relationship with others.

Ideas: Join a Home Church, Meet with a Mentor, Invest in Friendships



PRAYER

Commune with God

Prayer helps us meet with God in our innermost being where God can heal us, commune with us, love us and transform us. Prayer is at the very centre of our relationship with Jesus, as we nurture connection with him. Prayer is central to our lives as followers of Jesus. It builds the relationship we have with God, aligning us more with who God wants us to be via the Spirit, it helps us experience the love and grace of God and it becomes a conduit for living lovingly in the world.

Ideas: The Examen, Key Rosary, Lectio 365 App, Daily Still Podcast



SABBATH

Commit time to enter God's rest

Sabbath is a central practice for followers of Jesus. One day out of seven, we cease from the activities of daily life to enjoy rest, to worship God and to experience delight in one another and in creation. This practice frees us from the compulsions and anxieties that often rule our lives, and helps us trust God.

Ideas: Sabbath Reading, Sabbath Prayer, Sabbath Candle, Screen-Free Day



FORWARD - ANTICIPATING GOD'S MOVEMENTS



SHARE GOD'S STORY

Spread the good news in word and action

Our lives individually and communally are meant to witness to the reality that God is at work renewing not just us, but the whole world. We share God's story with our words, actions and in the way that we live in unity with one another.

Ideas: Embodied Witness, Intentional Noticing



RESIST EVIL

Turn from the ways that lead to death

Not only does God call us to become a new creation when we follow Jesus, God gives us the capacity to put off old ways of behaving and believing that keep us from flourishing.

Together we seek to resist evil in our lives and in our world.

Ideas: Name Coping Habits, Personal Technology Assessment



OUTWARD - COLLABORATING WITH
GOD LOCALLY & GLOBALLY

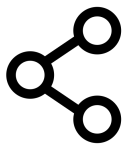


HOSPITALITY

Welcome Others Into Your Life

Jesus' love is roomy and welcoming and as the Body of Christ, we are called to embody that love through the practice of hospitality. As we welcome friends and strangers, we hold the posture of Jesus, who opened his arms wide for the sake of the world.

Ideas: Be a Good Neighbour, Be a Good Guest,
Be a Learner



GENEROSITY

*Give your Energy, Time,
and Resources Freely*

Generosity is a practice that makes room for new possibilities when we feel stuck or are afraid that we don't have enough. Living with generosity helps us experience the truth that God's world is one of abundance. It's risky, but when we offer what we have, we find that there is more than enough to go around!

Ideas: Give to a Ministry Partner, Give to Lakeview, Create a "Random Generosity" Fund



SERVICE

Work to Restore Dignity and Equality

We seek to work against injustice by using our power for the good of everyone. It requires creativity, submission and suffering but it is the way God is at work bringing all things together under Jesus.

Ideas: Volunteer with a Local Agency, Engage in Community Programs



RHYTHMS OF LIFE WORKSHEET



BACKWARD

INWARD

FORWARD

OUTWARD

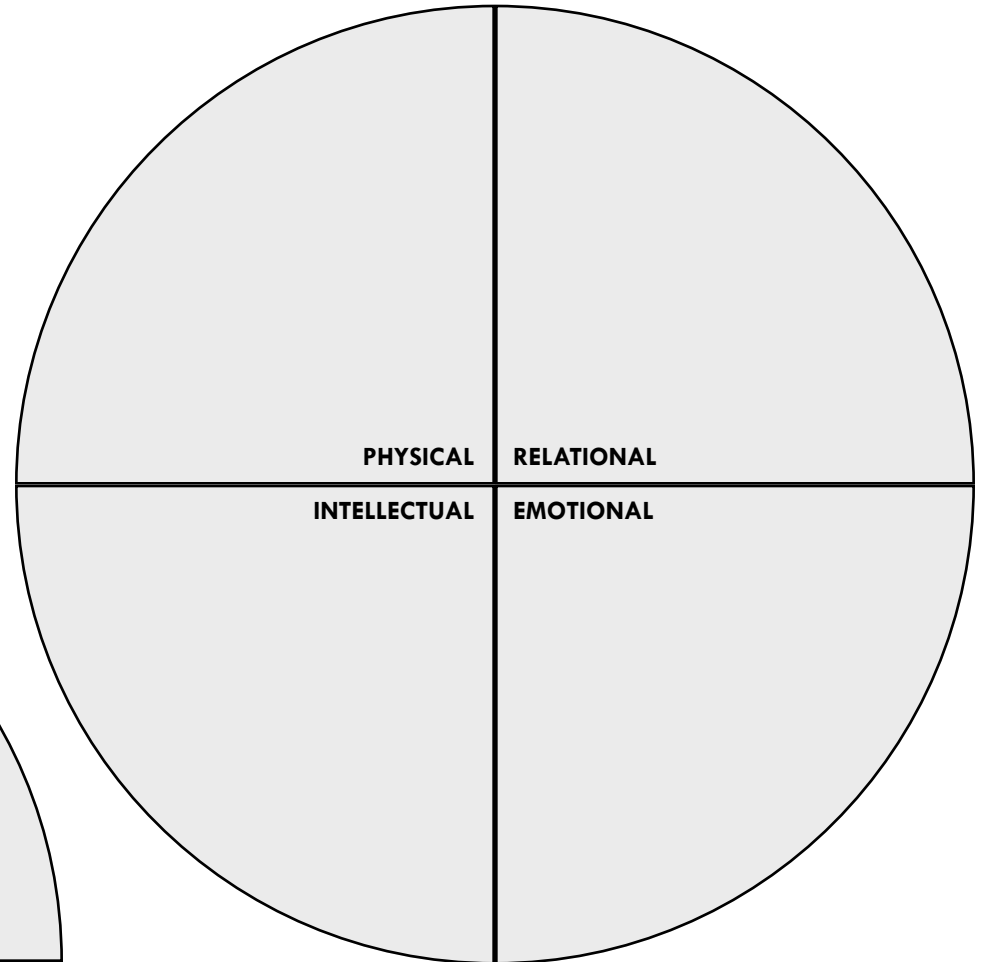
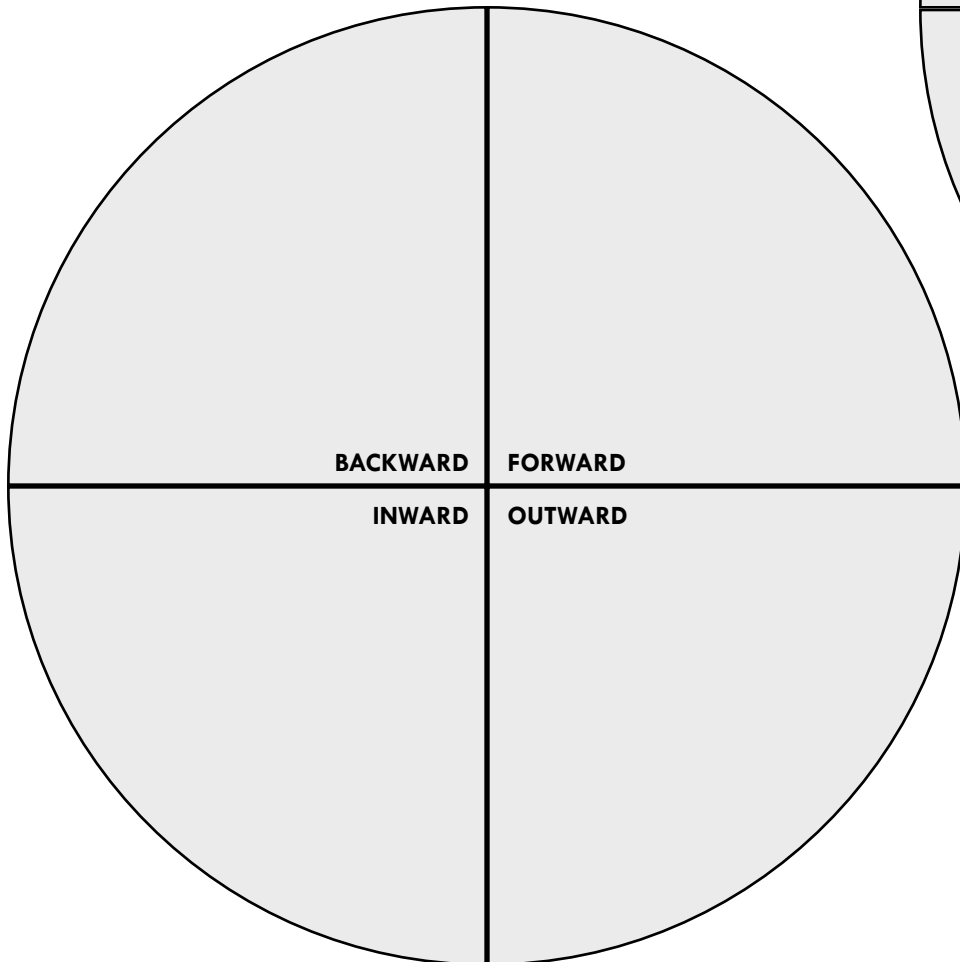
PHYSICAL

RELATIONAL

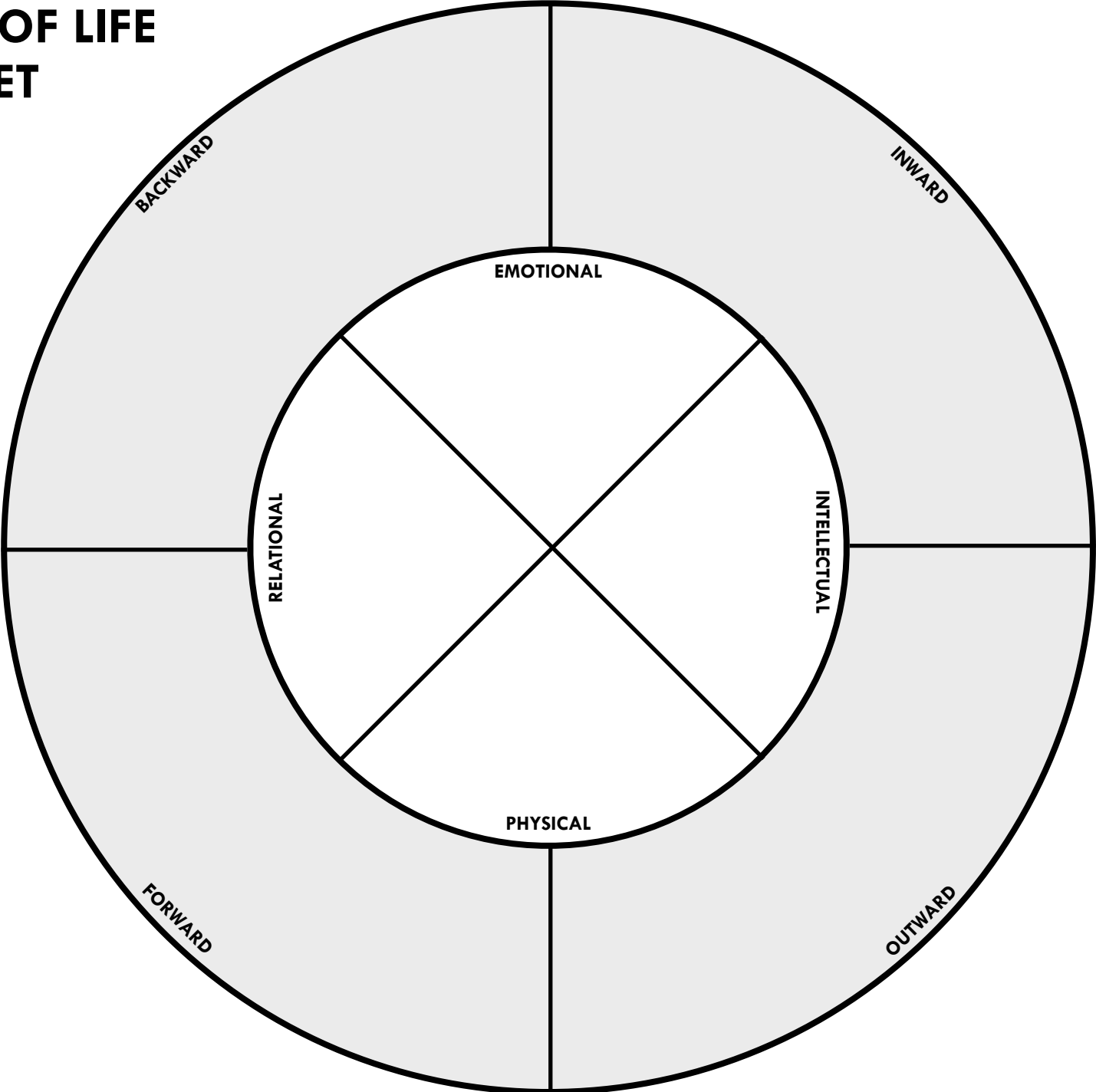
INTELLECTUAL

EMOTIONAL

RHYTHMS OF LIFE WORKSHEET



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RHYTHMS OF LIFE WORKSHEET

	SPIRITUAL	PHYSICAL	RELATIONAL	INTELLECTUAL	EMOTIONAL
Daily					
Weekly					
Monthly					



RHYTHMS OF LIFE WORKSHEET

