

WORKSHEET

Three memorable words we use to help us grasp the essence of the church would be communion, community and co-mission. These three words create a holistic picture of the purpose of the church but also offer us a natural rhythm for being the church.



Communion (The Tent) - “We are God’s Beloved”: God desires to dwell with us. When God comes in Jesus he comes to dwell with us and gives us the gift of the Holy Spirit. We have been invited into a life of *communion* with the Father, Son and Spirit. We are the bride of Christ and the people of God.



Community (The Table) - “We are God’s Family”: The early church had everything in common. They were not like family, they were family. They called each other brothers and sisters. The localized *community* of God testifies to the real, holy love, we’ve received in and through Jesus.



Co-mission (The Hand) - “We are God’s Sent Ones”: We are *co-missioned* by Christ to proclaim good news and touch the suffering of our world. We seek the renewal of all things by being peacemakers, activists, stewards of creation, and people who care about our neighborhoods.

RULE

An intentional rule and rhythm of life is a way of exercising muscles together that grows us to be the kind of people we want to become, tuning our radios to the frequency of God’s plan for us. A gathered rule stands for the concrete communal practices we engage in that are routine, regular and repeated. A rule speaks of the tangible spirit-forming practices in which we participate.

RHYTHM

The rhythm refers to how often we engage a particular practice. The routines we engage in shape the curvature of our lives. Rhythms shape us for the good or the bad. Rhythms affect our mindset, our opinions and our sense of identity.

To Form Communal Rule and Rythmn of Life we must get particular about how it lands in our community.

COMMUNION

How might we dwell in God and worship together? How often? What is the schedule? Where is the location? What are the different pieces of our time together? How can it be multi-voiced?

COMMUNITY

How might we dwell with each other around a table? How often? What is the schedule? Where is the location? What are the different pieces of our time together?

CO-MISSION

How might we dwell in our neighborhood or in a network? How often? Who can we partner with others already in our neighborhood? What are the different pieces of our time together?
