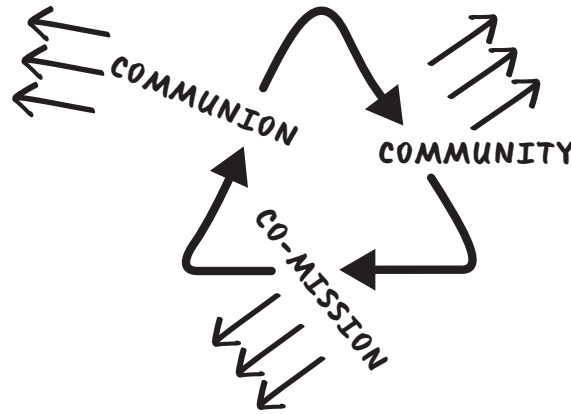


Scattered (Personal) Rule and Rhythm of Life WORKSHEET

Becoming more like Jesus includes developing spiritual habits in our everyday lives as well as our collective lives.



The scattered rule and rhythm of life is oriented around the three C's of communion, community and co-mission. Ideally you make a commitment to one spiritual habit in each of these three areas. While your scattered rule and rhythm of life is personal, it can have some parts that are done with other people, and the idea is that you share your scattered rule and rhythm of life with your discipleship core.

For example, this is an example of my personal rule and rhythm of life.

Communion	Practice the presence of God daily and practice Sabbath weekly.
Community	Meet with Joe and Matt weekly to talk about my walk with God, my relationship with others, and my life on mission.
Co-mission	Bless three people daily (at least one person outside of the church) and have a meal weekly with a non-Christian.

Note that the *rule* is a concrete practice, and the *rhythm* is how often you engage in that practice. *Sabbath* is the rule and weekly is the *rhythm*.

With this in mind, take some time to work out your personal scattered rule and rhythm of life, that you can share with your discipleship core.

COMMUNION

What grace-filled practice do you want to engage in that will help you draw near to God? How often do you want to engage in that practice?

COMMUNITY

What grace-filled practice do you want to engage in to help you stay close and united with your fellow Christ followers? How often do you want to engage in that practice?

CO-MISSION

What grace-filled practice do you want to engage in to help you to be a blessing to those who don't yet know Christ? What practice will help you to become friends with non-Christians? How often do you want to engage in this practice?
