# Creating a Rhythm of Life – a Confirmation Class

**Objective:** To help participants understand the concept of a Rhythm or Rule of Life and guide them in creating a personalized framework that supports their faith journey.

**Materials Needed:**

* Notebooks or journals
* Pens and markers
* Large sheets of paper or poster boards
* Sticky notes
* Printed handouts with examples of Rhythms of Life
* Snacks and drinks

Icebreaker:

Rhythm game – Sitting in a circle have the group create a simple rhythm using slow finger clicks. The game starts with the first person saying their name in time with the first click and another person’s name in time with the second click. The second person then has to say their name in time with the next click, and then the name of another person in the circle (anyone but the person who passed it to them) in time with the next click and so on. When someone fails to keep the rhythm or tries to send it back they are out. As you get used to it the rhythm can get gradually faster and faster. I.e:

Click Click Click Click Click Click Click Click

Chris to Claire Claire to Sarah Sarah to James James to …

Play it a few times until people get used to it and enjoy the laughter and frustration.

Discussion:

What is a rhythm and why do we need them? (Music / seasons / planets / time.)

Think about your own life – what rhythms can you see in the way you live?

‘It’s a framework of regular actions and practices we choose that help us grow as Christians.’

Teaching:

We all have rhythms that we live by – they can be Godly or they can sometimes distract us from what is most important. At worst they can be damaging and dangerous.

In the monasteries the monks recognised the importance of order and they found it in creating rhythms that helped them to live out their faith. They called these rhythms ‘Rules of life.’ It’s important for us to understand the rhythms that we live by and the values that they reveal

As we come to confirmation we want to think about how following Jesus can be part of the rhythms and patterns of our lives. Paul calls all Christians to ‘keep in step with the Holy Spirit’ whose role is to help us live like Jesus. Each day we can choose to follow.

Thinking

Write down where you spend most of your life – school, family, music social media, sport, friends, sleeping, eating, etc. Then write down the values that are most important to you. How is your faith seen in these areas? How does your faith help you live your life better?

Bible:

John 15.1-8 Abiding in the true vine

Read passage.

Why do you think Jesus says it is so important for us to remain in him?

Vines need support, a framework to enable them to grow and be fruitful. The gardener also needs to remove some of the things that are growing in order to create space for the fruit to form.

A rhythm of life is like the framework for the vine and allows the fruit, the good things to flourish in our lives.

Beginning

Think about what is happening in your life now – you can look back at what you thought about earlier. Is there space for God? Do you need to make space for Him? How might you do that?

Think of what practices you could do that would help you to connect with God. Be realistic. Even a little thing done regularly can make a big change.

You might like to think of three practices to begin with – one that helps you feel part of God’s community (perhaps worshipping each Sunday; or being part of a small group reading the bible); one that is part of God’s mission (serving coffees; helping at a food bank; volunteering at a local youth group); one that helps you grow closer to God (perhaps spending 10 minutes a day reading a passage from the bible and praying; praying with a friend once a week.)

Looking at the sheet of ideas of practices you could try, work with the framework sheet, and write down one, two or three that you could begin to build into a rhythm in your life. Start small.

If you choose three it might be good to pick one from each of the sections on community, mission and discipleship.

Decide when you will do them; how often and for how long; who will you do them with and who will you ask to keep you to account? Write these on your paper as well.

Share them with the rest of the group.

Doing it together:

Why not make an agreement with those who are being confirmed with you to meet up and see how you are getting on every few months. Find out what practices they are enjoying and what has been hard. Maybe commit to pray for each other and your rhythms of life as part of your own rhythm of life.

Finishing up:

Finally, don’t be hard on yourself. A rhythm of life is not meant to be a prison and you may find yourself adding new things and dropping some. If something isn’t working, change it (at least for a while). If you forget it for a while, don’t feel guilty, rather be grateful to God when you pick it up again. What is important is that we try to keep going until it becomes a natural part of who we are – because that’s when it will become the banks for the river that will bring God’s blessings into our lives.

Spend some time quietly with your framework asking God to speak to you in the coming weeks and praying that he will work through your framework to make it the foundation for life.

Follow up:

After the class write to the participants with a summary of what you have learned together. Include additional resources and a reminder to review and adjust their rhythm of life regularly. Offer them help if they need any guidance or support.