**Crafting a Personal Rhythm of Life**

Bible study on John 15.1-8

1. Invite the young people to read the passage carefully – if appropriate play some music quietly in the background as they read. Ask them to think about what strikes them most; anything they don’t understand; something that speaks to their life experience. Allow them to feedback and explore.
2. Background for a vine to grow it needs pruning but it also needs a framework or trellis to climb up which is usually made from wooden stakes connected with strings to give it support. In our gardens climbing plants need a ‘trellis’ to grow over. The word trellis comes from a Latin word (trilix) which means **three threads** bound together providing strength and support. Think about what are the things in your life that give you strength.
3. Jesus calls us to remain in him – and like a vine we will thrive when we have the right things in place to support us. All of us are different so the things that will help us to grow will also be different.
4. Each day we can choose to remain in Jesus and that is much easier when we develop ‘habits’ which eventually become as natural as breathing. These ‘habits’ when they are regular form threads or rhythms in our life that support and enable us to flourish.
5. Beginning to create our own personal rhythm of life
	1. Think about where you are now. On a piece of paper write down all the places you spend most of your time and then think about how your faith is part of them. Be as honest and open as you can.
	2. As you look at your list can you see places where you could make space for God? What changes could you make to create ‘habits’ or ‘rhythms’ that weave God into every area of life?
	3. Think about two or three small things that you could introduce or deepen which could be the basis of a ‘rhythm’ in your life. It might be helpful to include three strands: something that builds your own friendship with Jesus; something that serves your church or youth group; and something that creates positive change in the places you live.
	4. Use the ‘Trellis’ worksheet to fill in the things that you want to include. Over time you can add or take things away.
6. Some ideas of things to include:
	1. Some space to read a bit of the bible and pray each day.
	2. Spending a few minutes quiet at the end of the day to detox from social media and thank God before sleeping.
	3. Practicing Sabbath – committing to leaving your normal work behind each Sunday to worship, to rest and restore your relationships with God and your family.
	4. Think about places you might be able to volunteer.
	5. Meet up regularly with Christian friends (one group of young people met up in ‘Macdonald’s’ every Sunday evening to talk, read the bible and have fun together).
	6. Find quiet moments during the day to be quiet and refocus, or to listen to God. Try ‘Breath Prayers’.
	7. Praying while doing jobs in the house or garden.
	8. Follow ‘The Way UK’ on TikTok or YouTube; download the Everyday Faith App.
	9. Listen to a Christian podcast regularly.
7. Things to remember:
	1. Creating new habits takes a long time, it’s better to start small and regularly, than to try and make huge changes all at once.
	2. Recognise that we will all fail at times, but every day is an opportunity for a new beginning. Don’t look for perfection – friendship with God is about being real.
	3. At different times of life, we may need to change our rhythms or patterns – school days are different from holidays; moving to work or university is different again.
	4. It’s easier to make changes when we are not alone. Even if we are an introvert knowing that a friend is also doing it can be an encouragement to keep going.
	5. Think about how your group of friends or your youth group programme can help your rhythms of life to flourish.
8. Read Acts 2.42-47. Finish with prayer for each other; asking God to help you as you begin to make new spaces for him in your life.
9. Finally, commit to meet up regularly to review how things are going.

Useful links:

[Everyday Faith App](https://www.churchofengland.org/faith-life/exploring-faith/everyday-faith)

[The Way UK](https://linktr.ee/thewayuk)

[Threethirty Ministries](https://threethirtyministries.com/youth/?gad_source=1&gclid=Cj0KCQjwiOy1BhDCARIsADGvQnBB5HqCR2X8icyJ2F2bT1s3ENSbdwTh95W-ILdQ6Im_WreBV9iNdyQaAiqwEALw_wcB)

[One Life](https://onelifeleaders.com/)