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Description automatically generated**Creating Rhythms of Life - Living our lives more like Jesus!**

WHAT IS A RHYTHM OF LIFE? As friends of Jesus, we are called to live and grow as disciples – becoming more like him in what we do, say, think and feel. Remembering that God is here with us wherever we are or whatever we are doing, we can become creative, open, brave and generous people as we allow the Holy Spirit to guide us in our attitudes and behaviours every day. The Rhythm of Life framework in the Diocese of Bristol, helps all of us to become more like Jesus, by suggesting actions and activities that we can commit to doing. The actions are based on things Jesus did in his own life and said his friends should do too. You might find it helpful to share this journey of faith with someone else. Talk to your grown-ups at home or at church about being part of a group or partnership.

Jesus says "Stay joined to me and let my teachings become part of you. Then you can pray for whatever you want, and your prayer will be answered. When you become fruitful disciples of mine, my Father will be honoured." John 15. 7-8

**Things to help me follow Jesus:**

PRAYER AND OPENNESS WITH GOD:

* Read, or ask a grown up to read, a story from the Bible before you go to sleep.
* Tell God about the three best and three worst parts of your day ahead as you travel to school.
* Ask God questions while you are cleaning your teeth.
* Chat with God in your head while you are doing something with your hands like colouring or Lego.

WORSHIP:

* Take part in the service at your local church.
* Make up songs about how amazing God is.
* If you are not already sharing in the bread and wine at Communion, think about asking the vicar if you can.
* Offer to do something to help with the service like reading or welcoming, or collecting the offering.

REST AND CREATIVITY:

* Think about how you can best use the time in your day to ensure that there is a good balance of school work, rest and play.
* Try sitting somewhere quiet and focusing on just breathing.
* Do some mindfulness activities and chat to God about things as they come to mind.

**Things to help me serve others:**

LOVE:

* Help your grown-ups welcome other people to your home.
* Listen really carefully to others when they are sad or frightened, and help them get the help they need.
* Be kind and share well, even with those who are unkind or different to us.

GENEROSITY:

* Think of something to be thankful for every day.
* Come up with some ideas for sharing and really looking after what you have and do it!
* Discuss with your grown-ups how to save energy and resources in your home.
* Think about what you can do to help make life a bit easier for someone else.

**Things to help me be a light for Jesus:**

WITNESS AND BRAVERY:

* Talk about Jesus like you would talk about any other friend you have.
* Think about how you can show you are friends with Jesus by the things you do and say.
* Invite your friends to your church activities.
* Think about volunteering to help litter pick with your youth group

Use the framework on the next page to help you create your own rhythm of life.

**Questions:**

How is God inviting or challenging you to become more like Jesus by putting the Rhythms of Life into action?

What will you do differently each day, week or month?

What specific thing or things do you do already do, or will start doing for each of the three movements?

*Things I'm going to do:*

**To follow Jesus**

1. ***………………………………………………………………………***
2. ***………………………………………………………………………***

**To serve others**

1. ***………………………………………………………………………***
2. ***………………………………………………………………………***

**To be a light**

1. ***………………………………………………………………………***
2. ***………………………………………………………………………***