**Rhythm of Life Church Workshop Worksheet 4**

**Refining**

Which of the following elements in the life of your church are most important in helping people to encounter and follow Jesus?

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| **Following Jesus** |
|   Abiding  |   Art |   Centring |
|  Confession |  Creativity |  Fasting |
|  Listening |  Music |  Prayer |
|  Scripture |  Silence |  Solitude |
|   Study |  Quiet Time |  Rest |
| Add your own here | Add your own here | Add your own here |

Tick and cut out the elements that stand out for you in your context on each of the three core areas. Try to narrow it down to no more than 6 to 9 making sure you choose some from each area. Place all the pieces chosen by each person on three tables by core area. Spend some time reflecting quietly on what you observe.