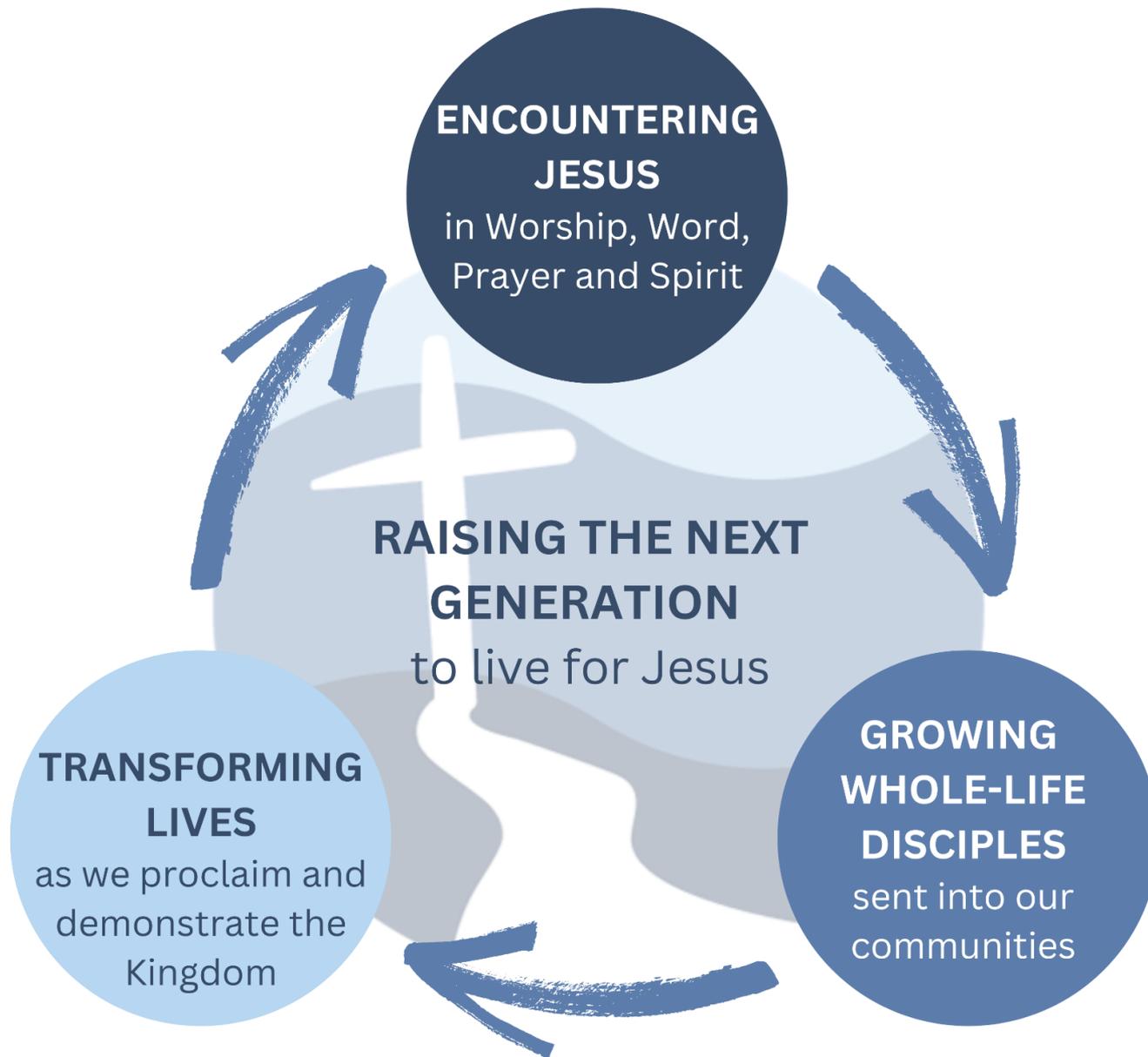


Lent 2026

Developing a 'Rhythm of Life' Course

Evening Course starts Monday 23rd February 7:30-9pm
Daytime Course starts Friday 27th February 10:30-12noon
at St Andrew's



**By God's Grace
we seek to...**

BE WITH Jesus
*to know Him and to
walk with Him in the
whole of life*

UP



3D

Discipleship

Learning to...

LIVE like JESUS
in our context, on
our 'frontline'



**BECOME more
like JESUS**
in our character

IN

OUT



**By God's Grace
we seek to...**

BE WITH Jesus
*to know Him and to
walk with Him in the
whole of life*

COMMUNITY
3D
Discipleship
Learning to...

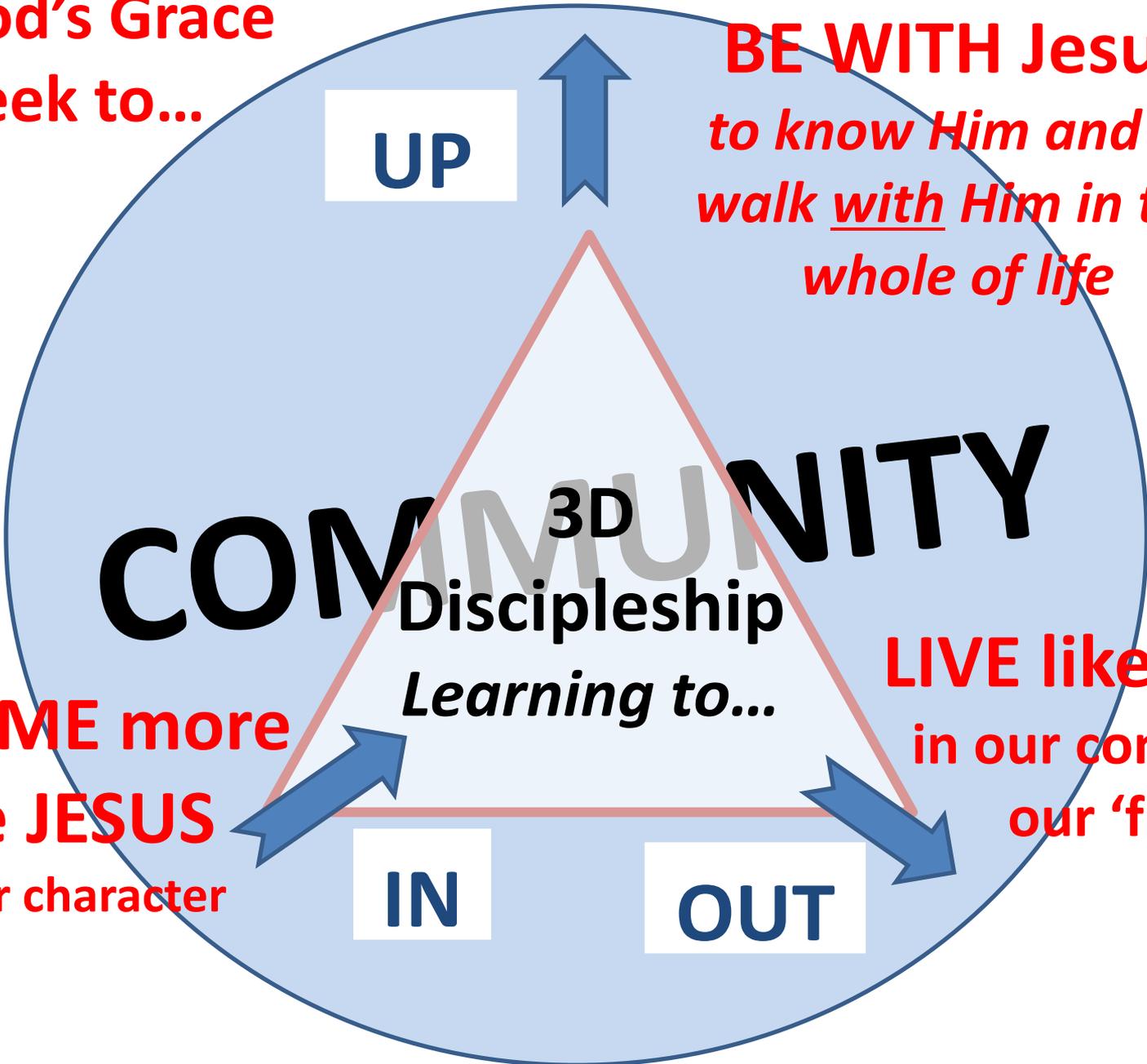
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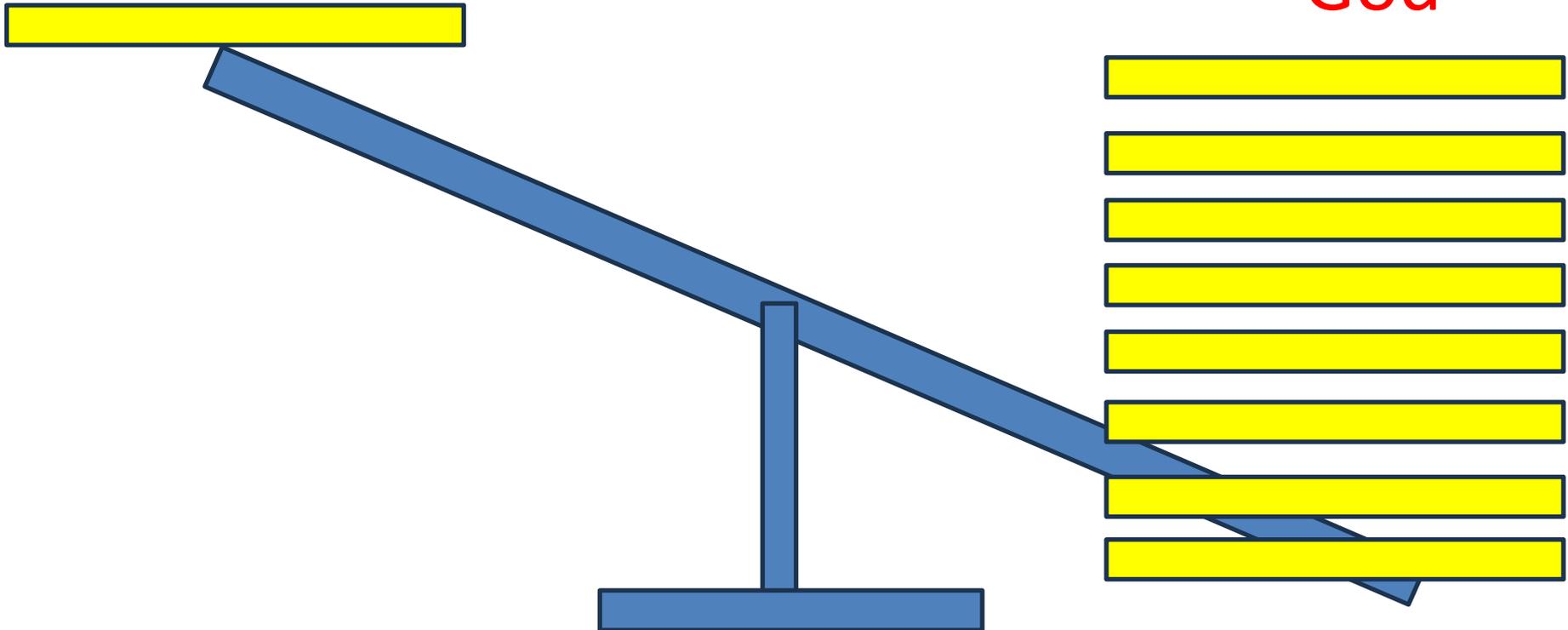
"Our *doing for* God
must flow from our
being with Him"

Pete Scazzero

Being WITH God vs Doing FOR God

Being WITH
God

Doing FOR
God

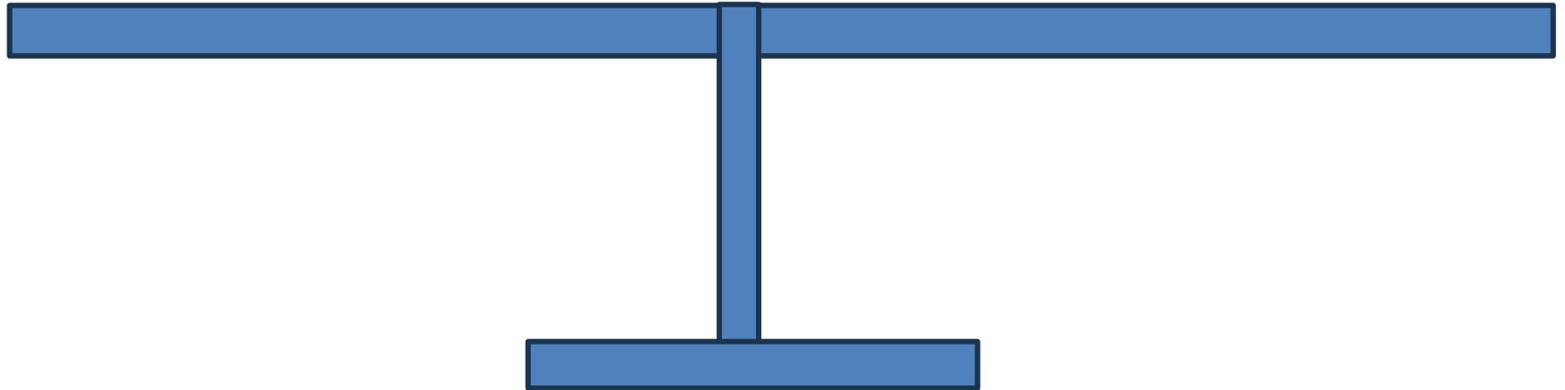


Being WITH God vs Doing FOR God

Being WITH
God



Doing FOR
God



The SPIRITUAL LIFE

- Prayer
- Scripture
- Church
- Fasting
- Small Group

Vs

The SPIRIT-LED LIFE

- Prayer
- Relationships
- Rest
- Work/Activity

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- Complete steps 1, 2 and 3 on your handout
- Reflect on what you have put down with someone next to you.
- What surprised you? What do you notice?

PRAYER & WORSHIP

- Daily morning walks on the hills: Lectio/Pause app
- Daily morning prayer and Bible reading
- Corporate prayer Mon/Wed/Fri
- Examen / 'Pause'/Lectio in evening
- Monthly Retreat – Wellspring
- Weekly extra prayer and retreat time (Wed afternoon)
- Worship services
- 5 minute silence daily
- Watchmen prayer once per month

REST

- 2 days off/week (Sabbath – Tuesdays & Saturday)
- Plan in Sabbath Tuesdays – walking/golf/Alice
- Termly holiday (2 week+ summer, 10 days Easter)
- 2x Yearly retreat ½ weeks (St Bueno's/Llangasty)
- Saturday with the family
- Watching sport
- 2 days off together monthly
- Bed at 10pm each night
- Walking and Photography daily and monthly

THE LOVE OF GOD (RECEIVE & GIVE)

RELATIONSHIPS

- Alice – weekly date night or Tuesday – diary in
- Monthly time individually with J & E
- Men@Work life group
- Spiritual Director – 6 weekly/2 monthly
- Friends – monthly evening/day out
- Mum – 1 day per month
- Pastoral Supervisor – monthly

WORK/MINISTRY

- Developing sustainable ministry Team (MLT) & re-establish CLTs
- 5 days per week with 13 sessions
- Wed afternoon as weekly retreat/vision/learning/prayer time
- Growing and coaching 3 new leaders monthly
- Resourcing exploration
- Curate mentor
- 1-2-1s to encourage key leaders
- Emotionally Healthy Leadership Course

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**John
Mark
Comer**

**The
Ruthless
Elimination
of
Hurry**

**How to stay emotionally healthy
and spiritually alive in the chaos of
the modern world.**

Practicing the Way

Be with Jesus
Become like him
Do as he did

**John Mark
Comer**

New York Times bestselling author of
The Ruthless Elimination of Hurry

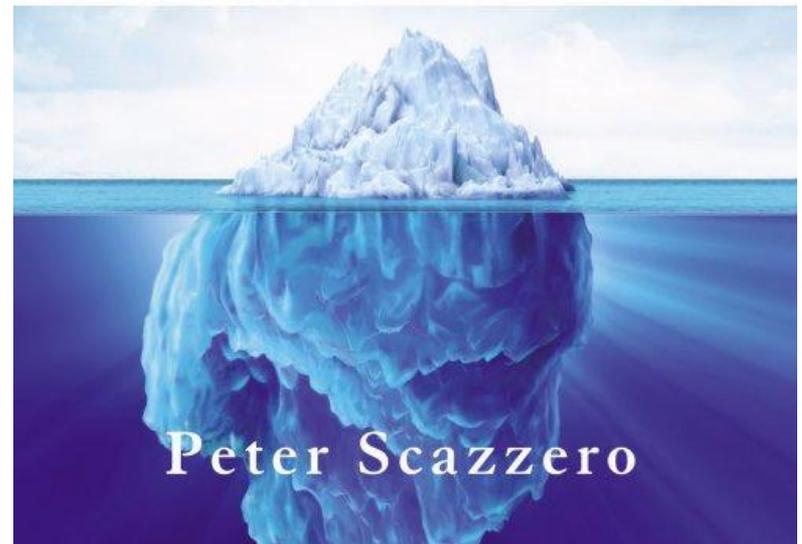
More Than 500,000 Sold



Emotionally Healthy Spirituality

UPDATED EDITION

IT'S IMPOSSIBLE *to be* SPIRITUALLY MATURE
WHILE REMAINING EMOTIONALLY IMMATURE



Peter Scazzero

Session plan

Session 1: Introduction

Session 2: Prayer & Worship

Session 3: Rest

Session 4: Relationships

Session 5: Work/Ministry

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