



Lent 2026

Starts this week!

Developing a 'Rhythm of Life' Course

A 5 week course instead of Life Groups

Evening Course starts Monday 23rd February 7:30-9pm

Daytime Course starts Friday 27th February 10:30-12noon

at St Andrew's

www.chaseteam.org/rhythm-of-life

Rhythm of Life



A schedule and set of practices and relational rhythms that organise our life around the three roles of a disciple:

Be with Jesus

Become like Him

Do what He did

(John Mark Comer)

The SPIRITUAL LIFE

- Prayer
- Scripture
- Church
- Fasting
- Small Group

Vs

The SPIRIT-LED LIFE

- Prayer
- Relationships
- Rest
- Work/Ministry

PRAYER & WORSHIP

REST

**THE LOVE
OF GOD
(RECEIVE
& GIVE)**

RELATIONSHIPS

WORK/MINISTRY



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Share in 2's -4's what
struck you from this
video.



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Discuss in 2's -4's

What was helpful?

What was challenging?



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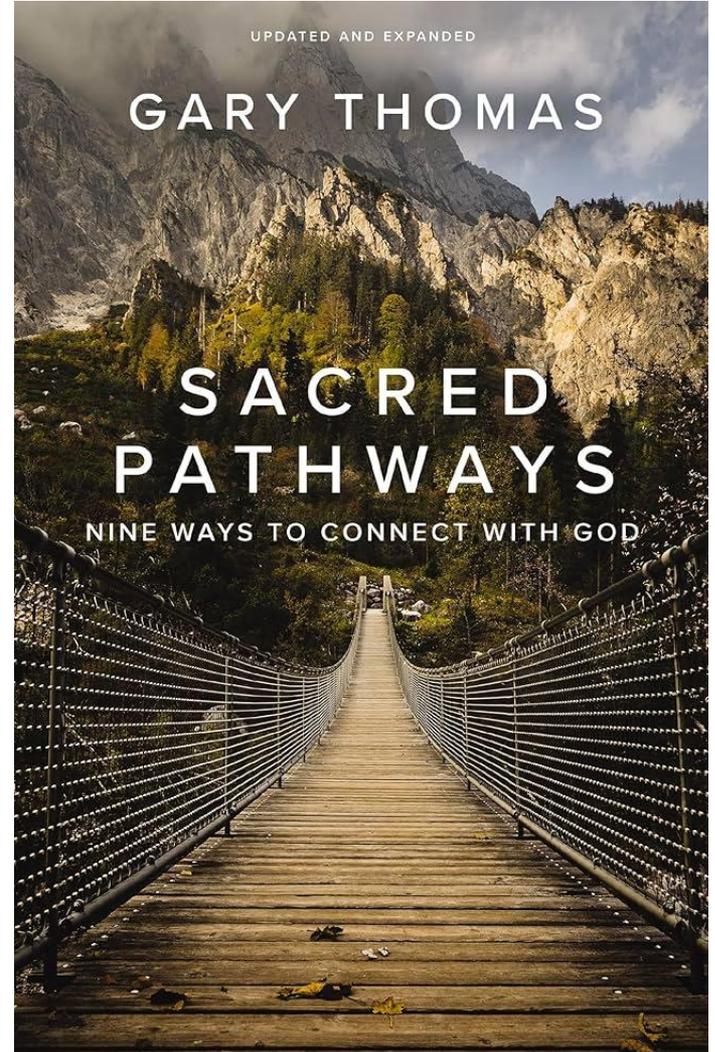
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What helps you most connect with God?

- Nature
- Reading books
- Worship/music
- Silence
- Podcasts
- Liturgy
- Praying with others
- Journalling
- Painting/Drawing/Creative



Prayer and Worship

- What might you do Daily? Weekly? Monthly? Yearly?
- How might you connect with God more than once a day?
 - Daily Prayer book
 - Lectio
 - Read a psalm/silence/Lord's prayer at lunchtime
- Retreats/Quiet days/longer time with God
- Life Group
- Worship Services
- Spiritual director

Take small steps from where you are now...



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