



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



**Have you tried
anything different this
week?**

How has it been?



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Lectio Divina

- 1) PREPARE yourself with God
- 2) READ the passage slowly twice
- 3) MEDITATE on the passage... what phrases or words stand out to you
- 4) PRAY what you have meditated on, into you
- 5) CONTEMPLATE rest in God and receive his grace



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



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

RELATIONSHIPS

V

Theology of Relationships

- Genesis 1 – God is in relationship ‘Let us make...’
- Genesis 2:18 – God creates a helper for Adam
‘It is not good for the man to be alone’
- God calls a people (Israel) to be in relationship with
- Jesus calls a group of disciples to live life together and do ministry together
- The birth of the church to encourage and continue Jesus’ mission
Hebrews 10:24-25 ‘spur one another on’

What are some of the
different types of
relationships that we all
need?



Think about your relationships?

- Who are people you run to in a crisis?
- Who do you go to if you are feeling low?
- Who encourages you and affirms your identity?
- Who do you turn to for help?
- Who encourages you to grow?
- Who encourages you to laugh and have fun?
- Who challenges you?
- Who mentors you?

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RELATIONSHIPS

V

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**Developing a
'Rhythm of Life'
Course**

**Session 4: Relationships
Monday 16th March 2026**

Share any reflections together
on what has been shared.

What stands out to you?



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'Spiritual Friends'

What relationships are important to help you grow in your discipleship?

- Life Group
- Mentor (& Mentee?)
- Prayer Partners
- Spiritual Director
- Therapist/Counsellor

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

RELATIONSHIPS

Prayerfully consider...

Who are your key relationships?

- Family/Friends
- Other Dependents
- 'Spiritual friends'
- Mentors/coaches
- Who does God want you to invest in?

How can you prioritise these relationships?

What relationships give you life?

What relationships do you need to limit?



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