



# 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 27<sup>th</sup> February 10:30-12noon

*at St Andrew's*

[www.chaseteam.org/rhythm-of-life](http://www.chaseteam.org/rhythm-of-life)

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

**How has it been?**



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# Reviewing your Day

*Ask the Holy Spirit to guide your thoughts as you 'play back your day with God.'*

- What have you to be thankful for? Spend time thanking God now.
- Where have you walked closely with God today?  
Where were you 'in-tune' with God's spirit?
- Where were you 'out of harmony' with God's spirit?  
Offer this to God in prayer
- Is there anything you need to confess or ask God to heal and transform in you?



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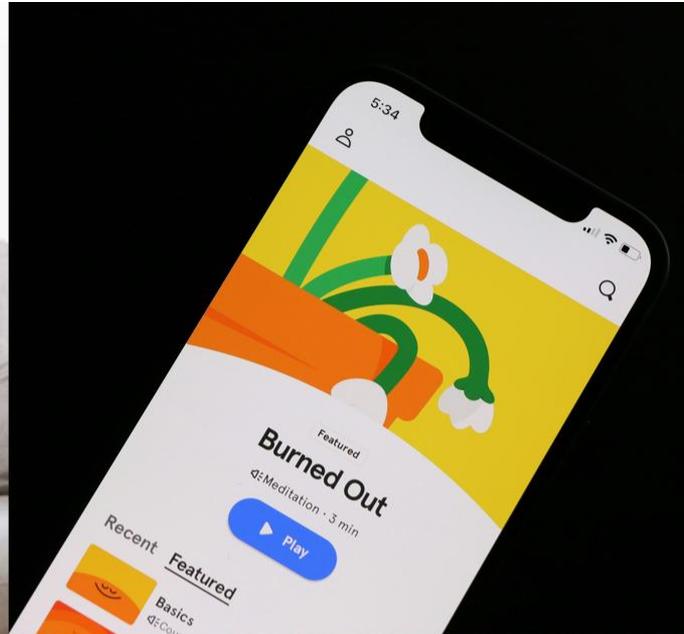
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**THE LOVE  
OF GOD  
(RECEIVE  
& GIVE)**

**WORK/MINISTRY**

# The Gift of Limits







# The Gift of Limits

- The gift of limits: We can't do everything
- We all have limits
- Jesus had limits too!



# Mark 1:35-39

- Jesus said no and disappointed people
- He did not meet every need
- But he could still say in John 17:4

“I have brought you glory on earth by completing the work you gave me to do”



Share any reflections together  
on the 'Gift of Limits'

What are some of the limits in  
your life in this season that it is  
helpful to acknowledge?



# John the Baptist (John 1:19-23)



He knew...

- **Who he wasn't**

- The Messiah
- Elijah
- A Prophet

- **Who he was**

- I am the messenger calling out in the desert 'make the way for the Lord straight'

# What about us?

Who I am?

Who I am not?

# What about us?

## Who I am?

- A husband and father of teenage children
- An Apostolic leader of the Chase Team
- A discipler called to disciple other leaders and new disciples
- Someone called to be on the edge of the diocese as a 'disrupter'

## Who I am not?

- A social worker
- A board/policy/detail person
- The builder of this church (Jesus is!)
- Emily... Neil... Tristan... Helen... Ruth...

# What about YOU?

Who I am?

Who I am not?

**CEIVE  
IVE)**

## **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**

THE LOVE  
OF GOD  
RECEIVE  
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## WORK/MINISTRY

- What are your different 'frontlines'?
- What are your priorities on your 'frontline' in this season?
- Who might God particularly be calling you to get alongside/mentor on your frontline in this season?
- Where is God calling you to 'minister/serve' in this season?
- What limits might you need to put on your work/ministry to keep your life in balance?



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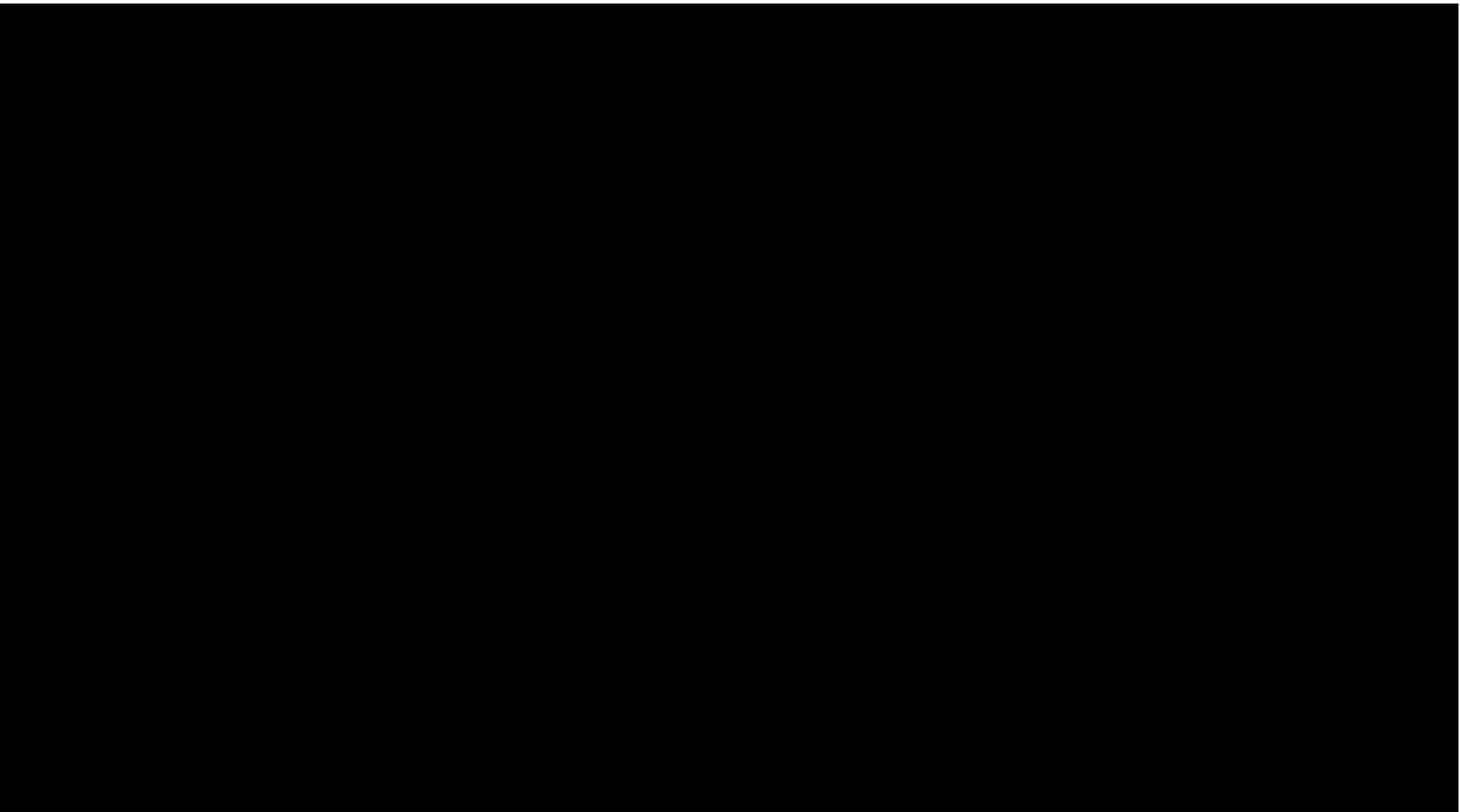
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# Final reflections

Look at your rule of life so far.

- 1) What will be your biggest challenge?
- 2) What is the one new thing that is most important? \*\*
- 3) What might be one thing you want to stop doing?
- 4) Who can you be accountable to for these changes?



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