

LEARNING

"Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Matthew 11:28-30 (The Message)

Jesus offers to be our companion and guide, as we deepen our learning and each make our unique contribution.

Reflecting

How will I grow in Christian maturity, becoming the person God wants me to be, aided by study, learning new skills and reflection on my daily life?

Creating

How will I make the most of my God-given creativity, animated by the artistry and playfulness of God's Holy Spirit?

For your own Practical Commitment Card, with suggested commitments and resources, **and the option to subscribe to this venture to receive updates,** including opportunities for supporting one another in our commitments, **visit:** learning.leeds.anglican.org/RoL

If you have any queries, please email: RoL@leeds.anglican.org

*...learn from me the
unforced rhythms of
grace...*



RHYTHM OF LIFE

an invitation

 THE CHURCH
OF ENGLAND
Diocese of Leeds

Loving.
Living.
Learning.



To join in, there are four simple steps:

- 1 Taking stock
- 2 Making one or more practical commitments
- 3 Participating with others
- 4 Reviewing your commitments periodically

You can get started with this leaflet, using it to help you take stock - Step 1.

A Practical Commitment Card will help you with Step 2 - available here, along with further details:

learning.leeds.anglican.org/RoL or email

RoL@leeds.anglican.org

My prayer is that by taking these steps, we will experience more fully the 'rhythms of grace' promised by Jesus to all those who follow him.

+Nick Baines

An Invitation from Bishop Nick

During the Covid 19 crisis, we've had to adjust to very different rhythms of life. As Christians, we believe Jesus should be at the heart of our rhythms of life, whatever our circumstances. This will have a far-reaching impact on our own wellbeing and the good of others – on our loving, living and learning.

That's why I'm inviting you to join the diocesan 'Rhythm of Life' venture. This will involve individual commitments, accessing resources and mutual support. Some key areas will be given special attention: **praying, encouraging, sharing, reflecting, celebrating, resting and creating.**

LOVING

Jesus said: " You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength. ...You shall love your neighbour as yourself." *(Mark 12:30-31)*

Praying

How will I nurture my relationship with God through regular prayer, the Bible and other people's insights?

Encouraging

How will I build up those around me, so we 'spur one another on to love and good deeds' *(Hebrews 10:24)?*

Sharing

How will God's abundant generosity be evident in my words and actions in my workplace, church, neighbourhood and the wider world?

LIVING

Jesus said: 'I have come that they may have life, and have it to the full.' *(John 10:10)*

'And God blessed the seventh day and made it holy, because on it he rested from all the work of creating he had done.' *(Genesis 2:3)*

Celebrating

How will I cultivate thankfulness and celebrate God's goodness, as I experience the joys and difficulties of everyday life?

Resting

How will I restore myself through refreshment and recreation, inspired by the life-giving pattern of 'Sabbath rest'?

