

Rhythm of Life – Taking stock

The Rhythm of Life highlights seven spiritual practices that are important to Christian faith formation and maturity: Praying, Encouraging, Sharing, Reflecting, Celebrating, Resting, and Creating.

Complete this questionnaire to help you to assess how important you consider each of the seven spiritual practices to be, and how well you currently practice these disciplines. The seven practices are:

- Praying – This concerns how I nurture my relationship with God through regular prayer, the Bible and other people's insights.
- Encouraging – This concerns how I build up those around me, so we 'spur one another on to love and good deeds' (Heb 10:24).
- Sharing – This concerns how God's abundant generosity is evident in my words and actions in my workplace, church, neighbourhood and the wider world.
- Reflecting – This concerns how 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.
- Celebrating – This concerns how I cultivate thankfulness and celebrate God's goodness, as I experience the joys and difficulties of everyday life.
- Resting – This concerns how I restore myself through refreshment and recreation, inspired by the life-giving pattern of 'Sabbath rest'.
- Creating – This concerns how I make the most of my God-given creativity, animated by the artistry and playfulness of God's Holy Spirit.

For EACH statement, please circle a response to indicate if you agree or disagree.

If you **Agree Strongly**, put a ring round **AS**
 If you **Agree**, put a ring round **A**
 If you are **Not Certain**, put a ring round **NC**
 If you **Disagree**, put a ring round **D**
 If you **Disagree Strongly**, put a ring round **DS**

Praying					
It is important to me to pray every day	AS	A	NC	D	DS
It is important to me to read the Bible every day	AS	A	NC	D	DS
I often discuss the Bible with others in order to learn more	AS	A	NC	D	DS
I often pray with others	AS	A	NC	D	DS
I often make time for silence and stillness	AS	A	NC	D	DS

Encouraging					
I feel well prepared to discuss with others the hope that I have	AS	A	NC	D	DS
I often make time to encourage others in their life and faith	AS	A	NC	D	DS
It is important to me to actively encourage others in the faith	AS	A	NC	D	DS
I often discuss Christian matters with others	AS	A	NC	D	DS
I often act to 'spur others on to love and good deeds'	AS	A	NC	D	DS
Sharing					
I frequently give generously to those in need	AS	A	NC	D	DS
I consider it important to be generous with my money	AS	A	NC	D	DS
I am always willing to offer help when needed	AS	A	NC	D	DS
I frequently volunteer my time to serve others	AS	A	NC	D	DS
I regularly give money to church or charity	AS	A	NC	D	DS
Reflecting					
It is important to me that I become the person God created me to be	AS	A	NC	D	DS
I often study books, talks and articles about living as a Christian today	AS	A	NC	D	DS
It is important to me that I live a morally good life	AS	A	NC	D	DS
My faith in Jesus often influences the choices I make in life	AS	A	NC	D	DS
I consistently take action to live a life that pleases God	AS	A	NC	D	DS
Celebrating					
It is important to me to express gratitude to God	AS	A	NC	D	DS
It is important to me to express gratitude to others	AS	A	NC	D	DS

I often take time to say thank you to others	AS	A	NC	D	DS
It is important to me that I cultivate an attitude of joy in life	AS	A	NC	D	DS
I frequently offer praise and thanks to God no matter how difficult life is	AS	A	NC	D	DS
Resting					
It is very important to me to have a 'Sabbath rest' one day per week	AS	A	NC	D	DS
I always make time for a 'Sabbath rest' every week	AS	A	NC	D	DS
I deliberately make time in my week for leisure and recreation	AS	A	NC	D	DS
I often take time to slow down and pay attention to what's around me	AS	A	NC	D	DS
Making time for myself is very important to me	AS	A	NC	D	DS
Creating					
It is important to me that I find ways to be creative	AS	A	NC	D	DS
I frequently act to do something creative	AS	A	NC	D	DS
I often spend time enjoying the creativity of others	AS	A	NC	D	DS
I often spend time outdoors enjoying God's creation	AS	A	NC	D	DS
I seek to respond to the wind of the Holy Spirit by being open to novelty and innovation	AS	A	NC	D	DS

In the questionnaire above, each of the seven spiritual practices has five questions.

Which of the practices (if any) did you consistently circle **Agree** or **Agree strongly** for all five questions?

Which (if any) did you consistently circle **Disagree** or **Disagree strongly**?

Are there any of these practices that you think could or should be more important to you than they currently are?

Are there any of these that you would like to develop into a more disciplined practice?

Visit <http://learning.leeds.anglican.org/rol> for more resources to help further develop your Rhythm of Life.