

Kingdom Life Rhythm

A *Kingdom Life Rhythm* is simply a wise, grace-shaped pattern of practices that helps us live attentively to God. It's not a law to keep, but a *trellis* that helps the life of Christ grow in us.

A Kingdom Life Rhythm for Training in Godliness

Daily

1. Abide

- Read a short passage of Scripture slowly
- Pray honestly (adoration, confession, thanksgiving, request)
- Offer the day (or review the day) to God

"Remain in me, as I also remain in you." (John 15:4)

Training effect: attentiveness to God, intimacy, friendship

2. Grow in Christlikeness

Look for opportunities to love

- Speak kindly
- Listen well
- Serve without being asked
- Forgive or let go of resentment
- Humble yourself
- Show grace and compassion not judgement

"Whatever you do, do it all in love." (1 Corinthians 16:14)

Training effect: Christlike character

Weekly

3. Work, Worship and Rest (note: work is a gift/call/ purpose presenting opportunities to love, grow and serve)

- Gather with God's people in worship
- Observe a rhythm of rest (Sabbath principle)
- Limit work, productivity, and digital noise

"The Sabbath was made for humankind." (Mark 2:27)

Training effect: trust in God rather than self-reliance

4. Examine, Reflect and Adjust

- Where did I notice God this week?
- Where did I resist God?
- What is God inviting me into next?

"Search me, God, and know my heart." (Psalm 139:23)

Training effect: humility and repentance

Ongoing

5. Simplicity

- Practise generosity (time, money, attention)
- Say no to something unnecessary
- Re-align priorities with Jesus' teaching

"Life does not consist in an abundance of possessions." (Luke 12:15)

Training effect: freedom from disordered desires

6. Community

- Stay meaningfully connected to a few believers
- Invite prayer, encouragement, and correction
- Walk with others in love

"As iron sharpens iron..." (Proverbs 27:17)

Training effect: perseverance and maturity

Daily prayer and Scripture, weekly worship and rest, ongoing love, simplicity, humility and accountability.

A Gentle Reminder

- This rule serves **grace**, not guilt
- It should be **life-giving, not burdensome** gthough it will require discipline)
- Adjust it as seasons change

Jesus' invitation still stands:

"Come to me... and you will find rest for your souls." (Matthew 11:28–29)