

BE WITH JESUS

DESIGN A LIFE RHYTHM

Discovering things that draw me into God's presence and placing those things in my life to nourish my relationship with God.

- Welcome, Review
- Group Check-In
- Message
- Group Study
- Practice the Practice
- Closing Prayer

This Week's Key Verse to Think About, Soak in, and Memorize:

*"I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit; apart from Me you can do nothing." **John 15:5***

More Resources to Explore!

See the Spiritual Growth Section of the Twin Cities Church website:

www.twincities.church/spiritual-growth-be4

Click on the "Design a Life Rhythm" picture to find many helpful resources.

DESIGN A LIFE RHYTHM

Life naturally moves in rhythms - days and nights, weeks and seasons. There is a built-in flow to how life works, and when that rhythm is honored, life tends to feel more grounded, intentional, and whole.

In the same way, a *Life Rhythm* (often called a “Rule of Life”) is a thoughtful pattern for living that helps keep a person connected to God. It’s about intentionally weaving spiritual practices into everyday life so that connection with God is not occasional, but ongoing.

Rather than reacting to life as it comes, designing a life rhythm helps create space to be with Jesus - regularly, consistently, and meaningfully.

What the Bible Says about Designing a Life Rhythm

Jesus invites people into a way of life that is not burdensome, but life-giving:

Matthew 11:28–30 *“Come to me, all you who are weary and burdened, and I will give you rest... For my yoke is easy and my burden is light.”*

The “yoke” Jesus describes refers to His way of life—His pattern, His rhythm. It is an invitation to walk closely with Him and to learn how to live in step with God’s presence.

Jesus also describes this life as one of ongoing connection:

John 15:4–5 *“Remain in me, as I also remain in you... apart from me you can do nothing.”*

Life with Jesus was never meant to be occasional or compartmentalized. It is a daily abiding relationship. A life rhythm helps create regular space to stay rooted in Him.

Paul echoes this same idea:

1 Thessalonians 5:16–18 *Rejoice always, pray continually, give thanks in all circumstances...*

Connection with God can be woven into everyday moments - through prayer, gratitude, and awareness of His presence throughout the day.

A Biblical Example - Jesus’ Life Rhythm

Throughout the Gospels, Jesus demonstrates a consistent rhythm of life with the Father.

He regularly withdrew to quiet places to pray, even when demands were high. He engaged deeply with people, taught, healed, and served - yet never seemed rushed or overwhelmed. He honored rhythms of rest, worship, and community.

Jesus lived with intentionality, not reactivity. His life was shaped by connection with the Father and responsiveness to the Holy Spirit.

This rhythm allowed Him to remain grounded, focused, and faithful to His purpose. It also provides a model for how life with God can be lived today.

Why It Matters

Without intention, life becomes crowded, hurried, and disconnected. Good things like work, relationships, and obligations can begin to fill every available space, leaving no room for God.

A life rhythm helps bring clarity and alignment. It creates space to remain connected to God, not just in moments, but throughout each day. It helps us prioritize what matters most and gently reorder what does not.

Instead of constantly feeling behind, distracted, or depleted, a life rhythm fosters peace, focus, and spiritual depth. It becomes a way of living that sustains faith, strengthens relationships, and opens the heart to God's ongoing work.

It also reminds us that transformation is not accidental - it is formed over time through consistent, intentional patterns of life with God.

What It Looks Like to Practice A Life Rhythm

Designing a Life Rhythm is an invitation to live with greater intention and awareness of God's presence in every part of life.

It looks like a life where connection with God is not rushed or squeezed in, but naturally woven into the flow of each day, week, and season. A life where there is space to pause, listen, worship, and respond.

It reflects a shift from striving to abiding - from trying to fit God into a full life, to shaping life around relationship with Him.

Over time, this kind of rhythm creates a sense of peace and steadiness. There is less hurry, more presence. Less distraction, more clarity. Less striving, more trust.

It also opens the door for deeper transformation. Practices that once felt difficult begin to bear fruit. Areas of resistance can become places of growth. What once felt like effort begins to feel like a natural and life-giving way of life.

This rhythm is not meant to be rigid or burdensome, but flexible and life-giving. It grows and adjusts with each season, but is always centered on staying close to Jesus.

And often, it becomes even richer when shared with others - walking together in a common rhythm of life that encourages, strengthens, and points one another back to God.

At its heart, a life rhythm is about becoming the kind of person who lives with God - daily, consistently, and joyfully. This helps us live the abundant life God desires for us, and this life blesses all those around us and draws them to Jesus.

This week we focus on the practice **Design a Life Rhythm**. Getting out of a rut and disrupting what is familiar often isn't easy - but as we keep our goal "to stay connected to Jesus" in front of us, and begin to practice this, the reward is so worth it.

GROUP STUDY: Design a Life Rhythm

Begin with Prayer and Silence

Gather as a group and say a quick prayer to invite the Holy Spirit to guide your time together. Then spend a moment in silence, expressing a desire to hear from God.

Explore the Scriptures

1. Daniel had three intentional times when he spent time praying to God – even when it became illegal to do so. See Daniel 6:10. Why do you think Daniel made this his life practice? How do you think this impacted his life?
2. Let's look at Mark 6:31-32. Jesus and His disciples encountered people with urgent and critical needs. Yet Jesus regularly took time to restore, refresh and reconnect – alone *and* with His followers. Where in your schedule could times like this benefit you?
3. Read Leviticus 23:1-2. Throughout the rest of this chapter the Lord lists seven festivals for the people of Israel (Passover, First Fruits, Pentecost, Festival of Trumpets, The Day of Atonement, and The Festival of Tabernacles, and Sabbath). These celebrations and times of devotion to God were integrated into the Jewish calendar to set a spiritual rhythm for their lives. How might a spiritual life rhythm strengthen your connection to God? What are some things you might incorporate into your life rhythm?

Read Through the Practice Together

Read through the practice on the next page together, and then answer these questions:

- Do you feel you understand the practice? Do you have any questions about it?
- How do you feel about practicing this, any concerns?

Share Your Personal Action Plan with the Group

Jesus replied, "...blessed are all who hear the word of God and put it into practice." - Luke 11:28

I will practice Design a Life Rhythm on (day and time) _____

in this place (location) _____

Close in Prayer

PRACTICE: Design a Life Rhythm

DAILY RHYTHM: As you think about your day, it might be helpful to think of it in sections: morning, noon, afternoon, and evening. How might you use these different times of the day to maintain and grow your connection to Jesus? Are there times when you need to connect most? How do you want to start your day? How do you want to end it? When do you have the most time to spend with Jesus, and when do you have the least time? Which practices have helped you connect with Him? How might you weave connecting points into your daily life?

Morning

Noon

Afternoon

Evening

WEEKLY RHYTHM: Are there certain practices that you would like to do once a week? What might be a great way to begin your week, or end it? What might be helpful mid-week to strengthen your connection with the Lord? Worship? Time in community? Sabbath?

Mon

Tues

Wed

Thu

Fri

Sat

Sun

YEARLY RHYTHM: Perhaps there are certain times of year that you want to spend focusing on your spiritual life. Perhaps a retreat, a conference, an extended time of rest, or vacation. How might having a seasonal rhythm help you grow throughout the year?

Winter

Spring

Summer

Fall

SEASON OF LIFE: Think about your current season of life and its opportunities and challenges. What perspective or intentional focus is important to you in this season?

