

A Practical Guide to Rhythms

Rhythms are intentional ways to do life with your group in a given week or month. It is intentionally doing things together with regularity and Gospel intentionality. Rhythms are practical ways we are going to be involved in one another's lives. We encourage groups to start with 3 basic intentional rhythms:

1) **Gather Together** - attend a gathering together

What gathering do people attend? Is there one that seems like a natural fit for people's schedule? Can everyone agree to commit to a specific gathering time? Would people want to eat together before or after the Gathering? Would the group want to try to serve together during one of the Gatherings?

We commit to attend the _____ Gathering and we plan to eat or hang out at _____ before/after the Gathering.

2) **Grow Together** - group time for intentional training

Which evening works best for people to meet for group time? Can everyone be committed to this day and time?

We commit to meet on _____ from _____ to _____ at _____ for Group Time.

3) **Go Together** - a social gathering in a non-threatening environment to invite people into your community

Who is your mission? What activities and environments would help to support the people you are trying to build with? How can you become a regular at a place? What day and time works best for the majority of people? Should you have multiple third place environments and activities?

We commit to meet on _____ from _____ to _____ at _____ for building relationships with one another and to have a non-threatening environment to invite others into our community.

These three basic rhythms are a great way for groups to start, but the goal is that we view all of life as mission. When we view our life through this lens, it helps us to reorient our lives around the mission of God. The more we are family and the more we see all of life as mission, groups will begin to develop both intentional and impromptu rhythms. Impromptu rhythms are probably not every week rhythms and may not always involve everyone. They are more spur of the moment, ordinary events that can now be seen as opportunities for mission and build relationships. For example: We all eat, are there times you can eat together? We all go to the store, are there times you can go to the store together?