

## **6 RHYTHMS That Everyone Lives In**

### **Story-formed**

Everyone has a story and has been shaped by a dominant story. How well do you know (and teach) the Story of God and help others connect their stories to God's BIG story?

### **Listen**

Who or what are you most listening to?  
How are you listening "backward" through God's Word and "forward" to the Spirit and through others in your community?

### **Celebrate**

Who or what are you celebrating?  
How are you regularly celebrating God's extravagant generosity together as a community? How are you inviting others to the party?

### **Eat**

We live in a rhythm of eating... 21 Meals each week.  
Meals are a daily reminder of our common need for God. When we eat together we commune around this truth.

### **Bless**

We are all super-resourced and blessed to be a blessing.  
How can you intentionally bless others through words, gifts or actions each week? Individually and as a community.

### **ReCreate**

We live in a rhythm of rest-create. Work FROM rest.  
Take time to rest, play, create and restore beauty in ways that reflect God to others. Rest in Christ and his completed work on the Cross.



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## RHYTHMS & UP/IN/OUT MATRIX

A few ideas to get you started...

**Each of the 6 Rhythms can have an UPward, INward and OUTward expression.**

### **Story-formed**

- UP – Spend time getting to know and connect personally with the Story of God, finding our identity in the One who's story this is. Get a chronological Bible–you'll love it!
- IN – Go through the Story of God or the Story-formed Way\* as a community. Take time to to really get to know each other's stories in a deeper way. Look for unbelief in the gospel.
- OUT – Ask good questions, get to know the stories of people God has in your life. Connect People of Peace (new disciples and others) with the Story; help them find their story within God's Story.

### **Listen**

- UP – Transform personal prayer–not only telling God your needs–but listening for his voice and what he is asking/telling you to do next in some area of life.
- IN – Pray for each other in your community. Spend time asking "What next, Lord?" Write down and share what you hear. Ask others to pray and listen to the Spirit on your behalf.
- OUT – Regularly spending time with not-yet-believers and folks in our neighborhood to better understand their dominant story, their needs and any common barriers to the gospel.

### **Celebrate**

- UP – Read devotionals, listen to music that moves you to worship or rehearse the blessings in your life.
- IN – Take time as a community to share evidence of God's grace in your lives. Singing, eating, throwing and attending parties. Sharing the Lord's supper. Sunday church gatherings.
- OUT – Get out with those you are building new relationships with–celebrating what they are celebrating. Buy a round, tip well. Speak encouragement wherever you go. Be good news!

# RHYTHMS & UP/IN/OUT MATRIX

A few ideas to get you started...

**Each of the 6 Rhythms can have an UPward, INward and OUTward expression.**

## **Eat**

- UP – Take communion as a family. Spend family dinners discussing the different meals Jesus had with people in the Bible. Share the things you are grateful to God for over a meal.
- IN – Sharing the Lord's Supper as a community. Family dinner night as a community. Regular cook-outs, brunches, "open table" nights where you invite anyone and everyone. Date nights with your spouse.
- OUT – Regularly frequent a few restaurants, pubs, cafes or parks so as to build familiarity and new relationships. Buy coffee for the person behind you in line at the cafe. Over tip your server. They will remember you and want to introduce you to others!

## **Bless**

- UP – Devotions and quiet times where you focus on who God is, what he has done for you, and what is now true of you. Spend time praising God for his goodness and grace.
- IN – Meet needs of those in your extended family or missional community. Truly live as a family that shares all that you have. Practice living out the "one anothers" found in the Bible. (Google it!)
- OUT – Seek to regularly serve needs as a community out in your neighborhood or city. Babysit for a couple or single mom you know. Clean up messes you find around you. Adopt a park or local school grounds.

## **ReCreate**

- UP – Take a walk and just BE. Be with God, listen for his voice, enjoy him. Rest in the completed work of the Cross. Enjoy nature as you plant flowers or water your garden. Go for a run or workout and praise God for your health....or practice trusting him for where he has you.
- IN – All of the above as a community. Spend time playing games together. Go on a retreat as a community. Take a hike in the woods or on the beach.
- OUT – Accept invitations to "play" in ways that your culture does. Learn to enjoy and rest in ways that new friends do. Model an internal trust and deep rest in the gospel by your actions and generosity.

\*Find the Story-formed Way narratives and dialogues at  
<http://www.caesarkalinowski.com/story-of-god-resources/>