

EPISODE: 324

TITLE: **Restarting Your Missional Community Rhythms**

Our best intentions don't always stay that intentional, and the stuff of life (plus this past year of social distancing) has derailed even our best efforts at living together in a missional community.

Here are three key things to believe and consider about restarting your community rhythms...

1. **Don't wait to restart your community rhythms.** Most of us have lost a lot of missional community momentum over the course of the past year. But you may have experienced a new depth of relational closeness with a few people, a lot of people have. Now is the time to expand your circles of relationships back out to the fuller community and their people of peace.
2. **God was not surprised by the pandemic and all of its related social distancing.** And he is restoring people and relationships and glorifying himself through all of this. There is no condemnation or shame for us because things have slowed down or stalled. Our Father loves us and has used these past months to prepare us for what's next! Let's be part of his restoration of all things, starting with our own community.
3. **Begin to reestablish predictable patterns.** Listen to this episode with others from your community and pick a few key rhythms that everyone knows you'll for sure be doing together at the same time and in the same manner each week. Start with one in each of the three categories Jesus prioritized... UPward, INward, and OUTward. I promise that if you will restart in these ways, you'll find healthy rhythms restored within your group, and have an amazing summer on mission together!

If you like to learn more about coaching and mentorship with Caesar and his wife, Tina, and learn to live a lifestyle of discipleship and mission, new cohorts are beginning soon.

Start experiencing greater spiritual freedom and relational peace today!

**Check out:** [everydaydisciple.com/coaching](https://everydaydisciple.com/coaching)

Thanks for listening... I'll see you in the next episode!

*Caesar*

## 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.

# RHYTHMS & UP/IN/OUT MATRIX

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

A few ideas to get you started...

## Story-formed

UP – Spend time getting to know and connect personally with the Story of God, finding our identity in the One whose 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 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.

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

## 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, and 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!

## **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.

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.