

# BUILDING IN RHYTHMS

## The opportunity of disruption

This moment of disruption across our daily lives is an opportunity; a chance to grow deeper with Jesus. Building in a set of rhythms helps to create space for spending time with God and follow him more closely. Here are our suggestions...

1

### Start the day with prayer, quiet and the Bible

Start your day in quiet with God, through prayer and reading the Bible, before you turn to anything digital, like Instagram, television or the news. If you have kids, this will probably be easier to achieve before they wake up.

2

### Cultivate an attitude of gratitude

Throughout the day draw your attention to the things for which you are grateful. Perhaps you could write them down each morning, or share with your family or friends around the dinner table in the evening.

3

### Exercise or go for a walk

If at all possible, while maintaining proper social distancing, go for a walk through your neighbourhood or do some exercise at home. There is something about engaging in your body that helps you stay grounded with God.

4

### Focus on an activity

Find an activity in which you are able to give your complete focus without getting distracted or finding yourself concerned about the state of the outside world. This could be gardening, woodworking, cooking, reading, art, chess etc. Find a helpful distraction.

5

### Find a buddy to touch base with

This is a time to draw closer, not more distant, and we can do that thanks to technology. Find a close friend, family member, or a community buddy to check in with. It could be someone from your Partnership Group or an accountability partner you trust.

6

### Limit intake of news

The news cycle moves at a rapid pace, but our internal tempo is not meant to live at that speed. Limit your news intake to two times daily. You could set an alarm for once in the morning and once in the evening, or change your phone settings to only let you onto your news app for a fixed amount of time a day.

7

### Limit screen time and other escapist behaviours

Escaping from the current situation can be all-too tempting and easy to do. Set limits on things like alcohol, social media, television, sugar, staying up late, or anything else that provides distraction in potentially unhelpful ways if left unchecked.

8

### Try Fasting

We want God to heal and restore our world during this time of fear and anxiety. Why not commit to spending regular time fasting and praying for this to happen? You could fast over breakfast and lunch every Wednesday, for example, or whatever works for your weekly routine.

9

### Virtual Community

Try to connect with your Maybridge Community on a regular basis. Let's commit to being there and to showing up ready to care for one another. You can do this on Facebook, over WhatsApp, or whatever works!

10

### Sabbath and virtual worship

Keep practising Sabbath, or start one for the first time. If you're working from home, try to keep a clear separation between work and rest. And join with us online every Sunday as we worship together and learn from the Bible.

