

1. IMAGE RHYTHM



Our picture of God and ourselves shape our whole lives. We believe in a deeply loving, good, relational, Triune God. We desire to live a God-centred life, inspired by the life of Jesus. We want to challenge our other idols and embrace our own belovedness. We want to understand what it means to be made in God's image and to believe it for all people. What is your picture of God? What is your picture of yourself?

2. CONNECTION RHYTHM



Through interaction and relationship with God we sustain our lives. We desire to exercise creative spiritual disciplines with a growing understanding of what connects us to God and gives us energy. We practice healthy rest and restoration rhythms in order to avoid burn-out. We intentionally interact with prayer, Scripture and other sources of inspiration in order to grow in intimacy with God and gain greater discernment. How are you connected to God?

3. FELLOWSHIP RHYTHM



As the body of Christ, we know our relationships are a testimony. Our inner circle relationships shapes us deeply, therefore we desire healthy personal relationships with family, friends, mentors, children and parents. We desire to constantly grow in love, practising good conflict management and seek out accountability. We participate in a faith community and exercise hospitality. Who are your companions that you journey with?

4. GIFTEDNESS RHYTHM



God made each person in a beautifully unique way. We desire to continuously discover, develop and practise our gifts, strengths, passions and talents in order to seek God's kingdom, helping others to do the same. We do this in community, conscious of our own calling from God. What is your unique contribution? In what way are you a gift to others?

5. COMMUNITY TRANSFORMATION RHYTHM



God made us stewards of the earth and of each other. We desire to live conscious of our physical environment, taking care of the earth and contributing towards our own neighbourhood's well-being. We desire to live in the real world by maintaining knowledge of the world/our country and our city's circumstances, discerning with others how to best respond, paying attention especially to the least of these. How can you join God in transforming your community?

6. RESOURCE RHYTHM



Jesus regularly taught about money and work. Therefore, we desire to maintain a good work ethic, seeing our work as part of God's mission. We desire to grow in stewardship (sharing) of all our given resources: especially money and time. As a community we learn how to live according to our needs and not our wants. How can I serve with the resources and privileges I have? How can I work out my salvation in my job, work, ministry and life?

7. INCLUSION RHYTHM



Jesus constantly crossed boundaries and gave us the ministry of reconciliation. Our Triune God invites people into the bigger circle. We desire living life faithfully within our context, playing a reconciling role through friendships while dealing with our own prejudices and racism. Who is in and who is out? Where are you a peace-maker?

8. WHOLENESS RHYTHM



God desires wholeness and fullness of life for us. We desire to live fully by living in a healthy way, breaking destructive habits and coming to terms with the past. Growing in character and dealing with our emotions in healthy ways. Our wholeness includes our heart, mind, body and soul. In what areas of your life are you lacking wholeness? Where do you desire freedom?