



Rhythm of Life Guide

Rhythm exists to form and grow disciples of Jesus who join God in the renewal of Miami. Disciples begin to form as they experience the transforming life and love of Jesus for the first time and begin to take steps towards Jesus. Disciples start to grow as they concretely apprentice themselves to Jesus, his way, and his rhythms. And that's exactly why Rhythm has a Rhythm of Life.

A Rhythm of Life helps us root our lives in Jesus and his core "rhythms" (worship, mission, surrender, community). A life in Christ calls for dying to self and living in the Spirit. We are to "put on the Lord Christ Jesus" (Romans 13:14). Following Jesus doesn't happen accidentally - we need to have concrete rhythms that continually form and transform our hearts, desires, thoughts, and actions.

Below is a fuller explanation of the Rhythm of Life, along with descriptions of the core rhythms and practices that we're committing to as a community. We've also listed the biblical passages that inform each of the four vows. This is meant to be a framework for freedom, providing healthy boundaries while leaving plenty of room for flexibility and personalization.

✠ Rhythm of Worship

Jesus cultivated a lifestyle of worship and communion with God.

Jesus has pursued us with his relentless love so that we may experience his presence, intimacy, care, and wholeness. We recognize the temptation to wander after alternative loves, but choose instead to embrace Jesus and love him with our whole heart.

Because God is to be worshipped and treasured above all things, we commit to loving God in all aspects of our life, and pursuing Him individually and communally through spiritual practices and holy habits including prayer, scripture, and sabbath rest.

(Psalm 29:2; Deuteronomy 8:1-3; Acts 2:42-47; 1 Timothy 4:7-8; Ephesians 5:19-20; Exodus 31:12-13)

Prayer. Prayer is our communication with God. That means it's the most important part of our life. We set aside time daily to meet with God in prayer and to dwell in His presence. We embrace many forms of prayer including spontaneous prayer, fixed-hour prayer (the Divine Hours), journaling, prayer walks, and centering prayer.

Scripture. God's Word is sweeter than honey and a lamp unto our feet. In other words, it is our food and primary means of revelation from Him. We spend time each day in Scripture, seeking God's face and listening to His voice. Maturing in Christ requires a life where we read, memorize, meditate, enjoy, study, and obey God's Word.

Sabbath. Each week we set aside a 24-hour period for sabbath rest, structuring our time around prayer and play. This is a day to slow down, contemplate God's goodness, and be reminded that God is the one who cares and provides for us. If our schedule allows, we practice this on Sundays so we can gather with others to be refreshed through worship and built up as the body of Christ.

✠ Rhythm of Mission

Jesus cultivated a lifestyle of mission and restoration in this world.

Jesus has called us to live as sent people in this city, extending his good news to everyone we meet, but especially with the poor and vulnerable. We recognize the temptation to focus entirely on ourselves and those who are like us, but choose instead to embrace the people and pain of our city.

Because God's desire is to bring His kingdom on earth as it is in heaven, we commit to being on mission with God by practicing faithful presence in the city, working for restorative justice and renewal, and sharing the good news of the gospel with others.

(Matthew 6:33; Luke 10:25-37; 1 Corinthians 10:31; Matthew 28:19-20; 1 Peter 2:9; Jeremiah 29:7)

Presence. We believe that God is at work in people and places. Disciples of Jesus are "sent ones" but we do not go alone because God is already at work. Our calling is not to bring Jesus to people, but to be faithfully present to the work that God is already doing in people, helping them to take steps towards God's kingdom. We engage in presence by consistently showing up in nonChristian environments, building relationships with nonChristians, and discerning how the Spirit is at work.

Justice. God loves Miami and so do we. Because we care about the good of the whole city, not just of those in our own tribe, we engage in issues that matter to our city and join others in working for the common good. We find tangible, concrete ways to extend God's kingdom and compassion to our poor and marginalized neighbors. We recognize that Miami is filled with both beauty and brokenness, and we are sent into the city to labor for its holistic healing.

Gospel. We point others to a deep, personal relationship with Jesus. The coming of Christ is both the culmination of Israel's story and the greatest news in the world. Our aim is to make this good news known, always with humility and love, to nonChristian people in Miami. We value building relationships with nonChristians because Jesus deeply loves them and desires for all people to experience his abundant life.

✠ Rhythm of Surrender

Jesus cultivated a lifestyle of surrender and trust in his Father.

Jesus has invited us to stop trying to control our lives or the lives of others, and to let him lead us into freedom, joy, and healing. We recognize the temptation to grasp for control in a power-hungry society, but choose instead to embrace humble obedience to Jesus.

Because Jesus is Lord, we commit to surrendering to Him in all areas of life including our money, our sexuality, and our power, and to showing our city how money, sex, and power can be used in life-giving ways.

(Mark 10:6-12, 21-27, 42-44; Philippians 1:27; Ephesians 5:8-10; 1 Corinthians 10:31)

Money. We manage our material resources in a manner that honors God (e.g. giving a percentage of our income to the mission and ministry of Rhythm, sharing with others who have needs, etc) and avoids the traps and enticements of Western culture (e.g. bad debt, conspicuous consumption, gambling, etc). We want our lifestyle to show that we serve God and not money.

Sexuality. We avoid both secular society's idolization of sex and traditional society's fear of sex. We pursue purity in our relationships and private life, and reserve sexual expression for the covenant relationship of marriage. We also exhibit love rather than hostility or fear toward those whose sexual life patterns are different from ours.

Power. We are committed to power sharing and to dissolving the divisions of race, culture, social class, and gender among us. We see people as ends in themselves, never as means to ends. We go about our daily life remembering we are in Miami not to be served but to serve.

✠ Rhythm of Community

Jesus cultivated a lifestyle of community and togetherness with others.

Jesus has formed us into a new family so that his powerful love can be seen and displayed through our love for one another. We recognize the temptation to live isolated and individualized lives, but choose instead to embrace a common way of life together.

Because the Trinity binds us together in community, we commit to doing life together, pursuing spiritual friendship with one another, and reconciling in a way that honors Christ and each other.

(Ephesians 4:2-6; 1 Thessalonians 5:11; Acts 4:32-35; James 5:16; Matthew 18:15; 1 Peter 4:9)

Togetherness. God intends for us to live deeply with one another, to not merely attend Rhythm but to belong. We do this by making room for each other in our lives and striving to walk together in intimacy and authenticity. Our goal is to see ourselves as a family, and to be connected in such a way that we feel the joys and sorrows of one another.

Friendship. We seek out a spiritual friend in the community that we can regularly share and pray with about the details of our life. This relationship is built on mutual encouragement, and we invite this person to hold us accountable to living the way of Jesus and give them permission to speak truth into our life. When we do this for them, we do it with lots of grace.

Reconciliation. We resolve the inevitable relational conflicts that arise within community life in a way that honors Christ and one another. This involves listening well, clarifying assumptions and expectations, admitting our own brokenness, and moving toward forgiveness and reconciliation. Whether someone has wronged us or we've wronged them, we go to that person rather than going to others.