

Rhythm of Community
& Vulnerability
(WITH)



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.

PRACTICES

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.

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Suggested Ways to Try The Practices

Togetherness

- Share a meal with someone in Rhythm (guys with guys, girls with girls, couples with couples). If it's possible to cook and prepare the meal together, then do it! As you spend time together, share some recent highs and lows of life. Get to know one another, listen well, ask questions, and pray for one another.
- Read and study through the "One-Another" verses on the handout on Rhythm's website. In a journal, answer the two questions below:
 - What are some common themes throughout these verses?
 - Which of the "one-anothers" are most challenging to me right now?
 - Which of the "one-anothers" would be most helpful for me to memorize and focus on in this season of life?

Friendship

- If you have a spiritual friend, make a plan to meet with them and share about the highs/lows of life, how you've been experiencing God recently, and spend time praying for one another.
- If you don't have a spiritual friend, check out the "Spiritual Friend" guide on Rhythm's website. Reach out to someone in our community who might become a spiritual friend.

Reconciliation

- Read again through Colossians 3:12-15. How does this passage apply to a relationship that is in turmoil or a relationship that you have where there is currently conflict? Pray through the characteristics listed in this passage and how Jesus is leading you to act towards this person.
- Is there anyone in your life that you are unreconciled with? What would it look like to take a step towards reconciliation with that person? Spend time with a spiritual friend talking and praying through this.

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