

WELCOME TO ...

Living Well - Rhythms of Grace

My hope is that this resource will enable you to reflect on and explore what it might look like for you to live well and to walk in step with the unforced rhythms of grace that Jesus described in Matthew 11.

Rhythms of Grace was designed as a small group course with resources that enable groups to encourage and sharpen each other as you explore and journey together - but it also works well as a personal reflection tool.

Whether you are completing the course on your own, or in a group, for each session there is a video to help bring some context and introduce the theme, as well as some questions to spark curiosity and get you thinking. You'll also find some practical resources and ideas to try along the way as you begin to consider what Living Well looks like for you!

The session plans will guide you through the session each week - but be flexible - if a particular question has really sparked interest and conversation - go with it and enjoy digging a little deeper. Equally, if there are questions that don't seem to float your boat - skip to something that does.

What it might look like to 'Live Well' will be different for different people in different contexts and in different stages of life - if you are completing the course as part of a group, let's be mindful of that in our conversation as we seek to encourage and champion each other. The activity suggestions each session are designed to give you ideas to help get you started - I encourage you to press in during the week between the sessions and try them out as you explore what works for you

Most of all, be curious and make space for God to draw your attention to areas in your life where He might be wanting to bring His grace and healing as He lovingly calls you to walk in step with Him and discover more of what it is to live freely and lightly - how exciting is that?!

Each session will have 6 components:

REGROUP For those completing the course in small groups, this is an opportunity to connect with others and build relationship. Grab a coffee ... eat cake ... maybe even share a meal ... whatever works for you!

REVIVE A moment to pause, to breathe and to invite Jesus into the space. We'll be using some simple breathing prayers as we take a moment to be still and to re-centre.

RELATE A space to gather, encourage and learn from each other as, together, you reflect on your journey from week to week.

REVIEW Time to explore the theme of the session by watching the accompanying course video.

REFLECT An opportunity to reflect on the content of the video, through small group discussion, and to consider what it might look like to put that into practice

RESPOND

A moment of quiet to reflect and consider how you are going to respond - what are you going to put into practice and try out this coming week?

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SESSION PLAN

Living Well - Rhythms of Grace

SESSION 1 - INTRODUCING LIVING WELL

In session 1 we will begin to consider what it might mean to live well as we ask ourselves 'How am I?'

SESSION 2 - SABBATH

In session 2 we are digging into the rhythm of Sabbath as we explore how it continues to be as relevant today as when it was first introduced in the Old Testament. And we'll be considering what it might look like for us to carve out a day of rest each week.

SESSION 3 - STILLNESS

In session 3 we are exploring the rhythm of Stillness as we consider how we might punctuate our day with moments of stillness that help us 'stay our soul on God'.

SESSION 4 - WONDER

In session 4 we are exploring how we can 'Walk with Wonder'- being present and bringing curiosity that enables us to notice where God is at work in our life.

SESSION 5 - SUBMISSION

In session 5 we are looking at our final rhythm as we explore what it looks like to orient our lives around Jesus, remembering that He holds all things together, and press into a rhythm of submission.

Could you support the work of Living Well?

I am passionate about ensuring that all Living Well resources are available and accessible for anyone who might find them useful and so this resource is offered on a donation basis.

The standard price is £25- if you are able to, please support the work of Living Well by donating this amount.

If that is not possible for you right now - then, be blessed and feel free to donate what you can, if you can!

If you are able - you might like to consider paying it forward - by paying a little extra to help cover the costs of someone who is not currently able to pay the full amount.

You can make a donation by following this link:

<https://www.stewardship.org.uk/partners/20167567>

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SESSION 1

Introducing Living Well

In this session we will begin to consider what it might mean to live well as we ask ourselves 'How am I?'

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.”

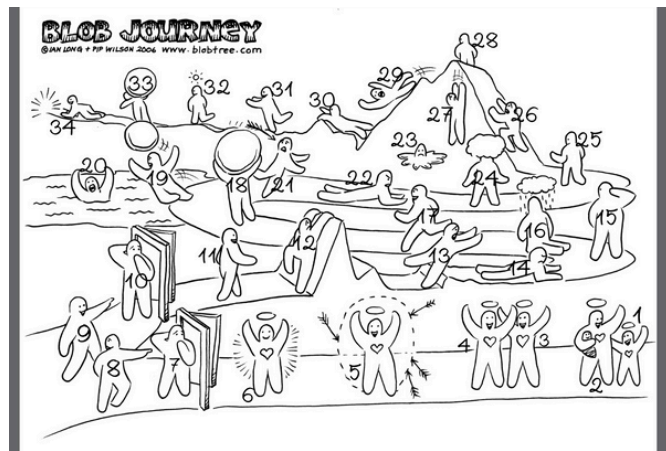
Matt 11:38-30 MSG

REVIVE

Breathing Prayer - 'Be still and know that I am God' Psalm 46:10

RELATE

- Introduce yourselves – Where are you from? What do you do? Who is in your household?
- Have a look at the Blob Journey – Which blob character best sums up where you feel you are at on your journey into well-being? Why did you choose that character?



REVIEW

Watch the video - 'Session 1 - Introducing Living Well'

RESPOND 1

Spend a few moments in quiet, reflecting on the question 'How are you?' as you complete the Whole Self Check-in Tool'. You might like to have some quiet, reflective music playing as you do this

REFLECT

- What stood out to you the most as you spent time completing the 'Whole Self Check-in'? Are there any areas you would like to celebrate? Are there any areas you would like to explore further?
- Read the passage from Matthew 11:28-30 (MSG) – perhaps someone could read it out loud. Is there a particular word or phrase that grabbed your attention?
- What might it look like when you are tired or burned out? Where do you feel stress in your body?
- What does well-being look like for you? What have you tried before to help look after yourself?

RESPOND 2

- What is your take home from today?
Is there something you are going to do differently this week?
Talk to God about it.

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WHOLE SELF CHECK-IN TOOL

Have you checked in with yourself recently? How are you doing? That's not always an easy question to reflect on and answer - people are complicated!! The Bible talks about how we have different parts that make us who we are - heart/emotions, soul, mind and strength/physical body.

Take some time to pause and be curious about each of those areas of your whole self - it might help to rate how you feel you are doing in each area on a scale of 1-5 by colouring in the stars below.

Then ... talk to God about it... As you invite God into each area of your life and share honestly with Him about how you feel, what comes to mind? What might He be wanting to reveal to you?

Are you surprised by what He says?

“ Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

Mark 12:30

Emotional



How do I feel?
Do I feel steady?
Do I engage my emotions?
Do I ignore them?

Mental



How am I in my mind?
Am I able to concentrate?
What story am I telling myself?
Do I feel peaceful?

Spiritual



How am I doing spiritually?
Do I feel connected to God?
Do I take time to be still?
What sharpens me?

Physical



How do I feel?
Am I sleeping well?
Am I eating well?
Do I exercise?

