



## Reflective Worksheet

# Creating a Healthy Life-Rhythm

This worksheet is designed to help you develop healthy rhythms that nurture your relationship with God, yourself, and others.

Each individual is uniquely created by the God of the universe. Each finds nurturance through activities specific to who we are and to the context in which we currently live. What is healthy to one person may be completely different from that which nourishes another.

We develop healthy life-rhythms by reflecting on who we are what has nourished us in the past. We look to God to help us recognize who we are and what activities will best enable us to be healthy and grow. We know that God loves us. He knows us better than we know ourselves and He desires good for us.

Through understanding who we are, we're able to establish rhythms that will nourish us in the present.

We enter this reflection in prayer, trusting the Spirit of God to guide us. Before you begin, settle into a quiet, comfortable place. Recall that God loves you completely. Then Invite the Holy Spirit to speak to you, personally, as you reflect.

### Nurturing my spirit

A nurtured spirit is an internal sense of flourishing, shining, and rejoicing in relationship with God, ourselves, and others. We each engage in activities, relationships, and more traditional spiritual disciplines like prayer, study, or worship that are life-giving to us.

Perhaps we have certain relationships that affirm and encourage us as human beings. We might have activities that, when we're engaged, take us outside of time. We return, as it were, from a journey, emotionally rested. We may have our favorite traditional spiritual disciplines, like silence and solitude or the noisy gathering of a large Sunday morning faith community that stir grace, love, and peace in our hearts.

1. What are the activities, relationships, and spiritual disciplines that nurture my spirit now?

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## Nurturing my body

God created each of us with a body, mind and soul - all integrated into one inseparable whole. God knit our bodies together in our mother's womb and calls us wonderfully made (Psalm 139). He delights in us. In fact, He so delights in our physical beings that He, Himself, became a physical, embodied human being. Our bodies count. They are, we're told, homes of the Holy Spirit of the living God. (1 Corinthians 6:19).

How we care for our bodies matters to God.

2. What kinds of activities nurture my body?

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3. In what ways is God inviting me to nurture my body in this season of my life.

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## Nurturing my interpersonal relationships

When God created the first human, He said, "It is not good that the man should be alone." (Genesis 2:18) He "settles the solitary in a home." (Psalm 68:6) He establishes human community and calls each of us to love our neighbor as ourselves.

God intends for human relationships to be mutually nourishing. "Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow." (Ecclesiastes 4:9-10a).

No human is an island, alone to him or herself.

We experience God in our human relationships. We express the love and truth of God to one another through our presence, our actions, and our words. We comfort, encourage, and share one another's burdens. We love and are loved in return.

A life-giving relationship is a treasure, a gift. As we nurture our relationships, they grow and deepen. We are blessed.

4. What kinds of activities nurture my interpersonal relationships?

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5. What is God inviting me to do to nurture my interpersonal relationships in this season of my life?

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## Resting

On the seventh day, God rested. (Genesis 2:2) Such a simple statement, yet so powerful. God rested. Then, God invited us to rest, as well. He defined Sabbath rest for us as a day to refrain from daily labor. (Exodus 20:9-10) Rest is holy, sacred, a gift from God to us.

Each of us rests differently. For one, rest might mean a vigorous pick-up basketball game. For another it might mean a good book in a quiet home. The Old Testament gave us rules, but Jesus gave us grace. Not grace to forgo rest as though the gift had been removed. But rather the grace to rest as we are each uniquely created to do so.

6. What is restful for me?

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7. What is God inviting me to do to experience rest in this season of my life?

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## Playing

God created us with the ability to play, to laugh out loud, to have fun. Laughter at the expense of others is usually sin, but joy is a characteristic of God. God invites us to enjoy the lives He's given us. Even Proverbs says, "The cheerful of heart has a continual feast." (Proverbs 15:15b). God delights in our play.

We adults learn to put aside play and get the work done. Our loss harms us. When we lose humor, fun, fantasy and laughter, we lose our lightness, our sense of safety and joy.

Play is good for our souls. It's life-giving. "Those who play rarely become brittle in the face of stress or lose the healing capacity for humor." ~Stuart Brown

8. How do I play?

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9. What kind of play is God inviting me to engage in during this season of my life?

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## Nurturing my relationship with God

Each of us chooses particular traditional spiritual disciplines to nurture our personal relationship with God.

Spiritual disciplines include such activities as structured Bible Study, contemplative prayer, communal worship, solitude, retreat, quiet prayer, fasting, acts of service, etc.

The disciplines we choose change throughout our lives. For example, a young adult might find formal Bible study to be deep and enriching. An older adult might enjoy sitting quietly in the presence of God in the place of solitude. Again, there are no rules. Only a variety of practices available to us as Christ-seekers.

10. What are the traditional spiritual disciplines that nurture my personal relationship with God?

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11. What traditional spiritual disciplines is God inviting me to practice in this season of my life?

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## One more step

Perhaps reflecting on these questions is enough to enable you to develop a healthy rhythm that nurtures your relationship with God, yourself, and others. Perhaps you need to take one more step.

You might find it helpful to take specific actions. For example, you might need to pull out your calendar and actually schedule time to respond to God's invitations to you. You might need to remove some activities from your daily life and add other, more life-giving activities into your schedule. You may need to purchase something, or give something away.

Take a few minutes to consider how you will enter God's invitations to you. You might write your plan on your computer or in your journal.



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