

RHYTHMS OF LIFE WORKBOOK



TABLE OF CONTENTS

Overview	2
Rhythms of Life Samples	3
Rhythms of Life Worksheet	5
Lakeview Postures & Practices	7
Bible Reading Resources	15
Prayer Resources	21
Sabbath Resources	29
Additional Resources	31

“Nurturing a growing spirituality with depth in our present-day culture will require a thoughtful, conscious, intentional plan for our spiritual lives.”

- Pete Scazzero

Most people have plans for their money (a budget), their time (a schedule), and for various aspects of life like education, career, and fitness. Yet, few have a plan for their spiritual formation. Many Christians desire to follow Jesus, but lack the structure to keep their spiritual growth at the center of their busy lives.

We need **Rhythms of Life** - a schedule of spiritual practices that organize our lives around God and create space for the Spirit to form us into people who reflect God's character.

We have developed this workbook to help you craft your own personalized Rhythms of Life.

You can identify spiritual practices for your daily, weekly, and monthly schedules, all based upon our Lakeview Postures.

This resource is meant to be an opportunity for reflection and an invitation into deeper life. As you engage, consider the season you're in and what rhythms you want to adopt for the next 3-5 months, knowing that your rhythms will evolve as life changes.

RHYTHMS OF LIFE SAMPLES

	Daily	Weekly	Monthly
Backward	<i>Bible Project video with breakfast</i>		
Inward	<i>Evening prayer walk</i>	<i>Sabbath prayer with family</i>	
Forward		<i>Fast from lunch on Tuesday</i>	
Outward			<i>Serve at the Bridge</i>

	Daily	Weekly	Monthly
Backward	<i>Morning Bible reading on the deck</i>	<i>Young Adults on Monday</i>	
Inward	<i>Walk in silence to school</i>		<i>Screen-free day</i>
Forward		<i>Lunch with classmates on Wednesday</i>	<i>Day-long fast</i>
Outward		<i>Give to church</i>	<i>Buy someone lunch</i>

	Daily	Weekly	Monthly
Backward	<i>Morning Psalm reading</i>	<i>Breakfast group</i>	
Inward	<i>Examen prayer before bed</i>	<i>Sabbath candles</i>	
Forward			<i>Join community events in the neighbourhood</i>
Outward		<i>Serve at Global Gathering Place</i>	

	Daily	Weekly	Monthly
Backward	<i>YouVersion reading plan</i>	<i>Youth on Thursdays</i>	
Inward	<i>A.C.T.R. prayer</i>		
Forward	<i>No phone after 9PM</i>		
Outward			<i>Volunteer at The Friendship Inn</i>

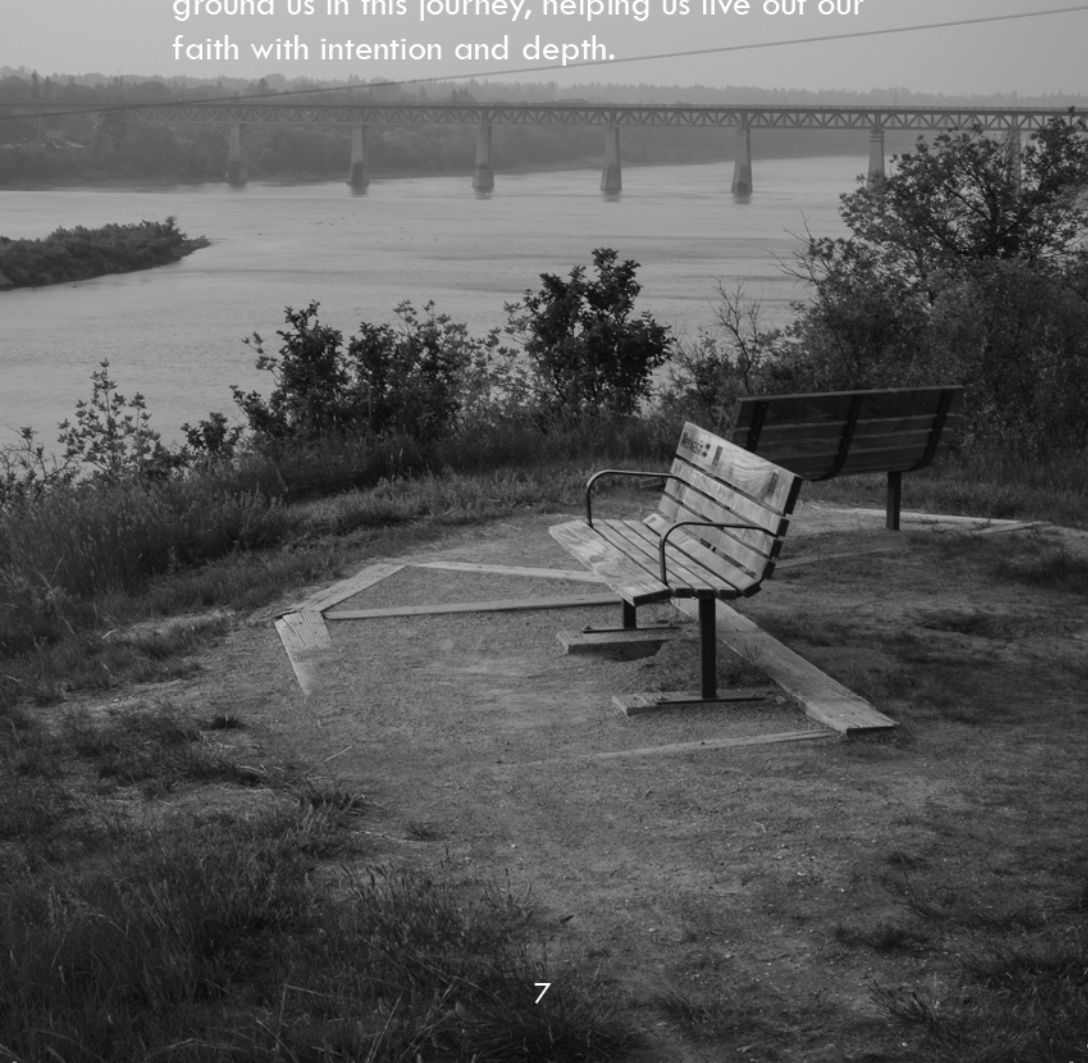
RHYTHMS OF LIFE WORKSHEET

	Daily
Backward	
Inward	
Forward	
Outward	

Weekly	Monthly

POSTURES

The Lakeview Postures offer a vision for how we join God in the renewal of all things. The postures are not abstract concepts, but tangible ways of being that invite us to actively participate in God's story. To embody these postures in daily life, we have identified spiritual practices that ground us in this journey, helping us live out our faith with intention and depth.



BACKWARD

Locating ourselves in God's story
Community / Bible Reading

INWARD

Creating sacred space to encounter God
Prayer / Sabbath / Silence & Solitude

FORWARD

Anticipating God's movements
Fasting / Share Gods Story

OUTWARD

Collaborating with God locally and globally
Service / Generosity

BACKWARD - LOCATING OURSELVES IN GOD'S STORY

We believe God has been actively at work in our world as witnessed in the scriptures and through the church. We stand on the shoulders of those who have come before us, and rest on the very best of our heritage to influence our practices and worldview.

BACKWARD PRACTICES

Bible Reading – We believe the Scriptures tell us the story of a loving God who created the world and is on task to redeem it all. When we open the Bible, we step into a sacred space where God's voice can be heard. Through the pages of Scripture, we encounter God's love, wisdom, and grace, offering us hope, direction, and the courage to live faithfully in a complex world.

Community – Locating ourselves in God's story requires finding our place among God's people. When we follow Jesus, we do so alongside others who are committed to following him. We become a part of the Body of Christ, experiencing the transformation that comes from living in relationship with others.

INWARD - CREATING SACRED SPACE TO ENCOUNTER GOD

We commit ourselves to a personal, but not individualistic, devotion to Jesus. We also submit ourselves to one another trusting that in community is where we meet and hear from God.

INWARD PRACTICES:

Prayer – Prayer is at the very center of our relationship with God. Prayer helps us meet with God in our innermost being where God can commune with us, love us, heal us, and transform us. Prayer aligns us more with who God wants us to be, helps us experience the love and grace of God, and it becomes a conduit for extending love to the world.

Sabbath – One day out of seven, we cease from the activities of daily life to enter God's rest, to worship God, and to delight in one another and in creation. This practice frees us from the compulsions and anxieties that often rule our lives, and helps us trust God.

Silence & Solitude – We become a community of peace and quiet in a culture of anxiety and noise through the practice of silence & solitude. This practice helps us to stay emotionally alive and spiritually awake in the chaos of the urban, digital age. Simply put, it's a moment of intentional time to enter the quiet place and be alone with God.

FORWARD - ANTICIPATING GOD'S MOVEMENTS

We understand that our world faces challenges that must be thoughtfully navigated and negotiated. We are prepared to risk our comfort and security to help transform evil into good.

FORWARD PRACTICES

Fasting – Fasting is a willing abstinence from food for a period of time. For so many of us, the desires of our body have come to hold power over us. In the battle with our “flesh,” we have become its slave, not its master. Fasting is a practice that reintegrates our mind to our body. As we yield our bodies to God, we break the power of the flesh to control us and open up ourselves to the power of the Spirit.

Share God's Story – Our lives are meant to witness to the reality that God is at work renewing the whole world. We share God's story with our words, actions, and in the ways that we live in unity with one another. We do not impose ourselves upon others, but we seek to be present in our world and receptive to welcoming people into our lives.

OUTWARD - COLLABORATING WITH GOD LOCALLY & GLOBALLY

We accept God's invitation to participate in the healing of our world. We welcome spiritual seekers and skeptics, and conspire with God in acts of justice and restoration.

OUTWARD PRACTICES

Generosity - Generosity helps us experience the truth that God's world is one of abundance. When we offer what we have we find that there is more than enough to go around. Generosity moves us from reflection to action. We seek to work against injustice by using our power for the good of everyone. We become a community of contentment in a culture of consumerism through the practice of generosity.

Service - Service is a way to touch lives and transform hearts. Through simple acts of kindness — feeding the hungry, comforting the weary, and standing up for justice — we bring hope and healing to the world. Service is more than a duty; it's a calling that deepens faith, strengthens communities, and reflects the boundless love of God.

SPIRITUAL PRACTICE RESOURCES

We have curated a small collection of spiritual practice resources to get you started. For more ideas visit lakeviewchurch.com/practices.



BIBLE READING BASICS

A Simple Way to Get Started

If you are new to spending time in the Bible, some basic questions can help guide your reading and open space to hear more clearly from God.

BEFORE YOU START READING

Prepare yourself to hear from God

Take time to slow your mind and heart...

God wants to speak...

Are you ready to listen?

Orient yourself to the passage

What kind of book is this?

When does this occur in the story of the Bible?

Who is the author? Who is the audience?

WHILE YOU READ

What does it say?

What are the keywords or lines?

What is the big idea?

How does this connect with the rest of the Bible?

AFTER YOU READ

How does this impact my life?

What is God trying to say to me?

What am I learning about God?

How does God want me to respond?

SUGGESTED PASSAGES

John 1:1-14

Acts 2:42-47

Ephesians 3:14-21

A photograph of a person sitting in a yellow plastic chair, reading a book. In the foreground, a table holds a small potted plant and a notebook. The background is dark, with a license plate that reads 'XK-20-18 ALBERTA' visible.

SELECTED BIBLE READINGS

Readings for Daily Reflection

We have selected a few key passages from the Bible to help you guide you into a meaningful time of reflection on scripture.

Psalm 1 & Genesis 1:1-2:3

Psalm 8 & John 1:1-14,18

Psalm 13 & Genesis 12:1-3

Psalm 19 & Mark 1:1-15

Psalm 22 & Exodus 32:7-14

Psalm 23 & Matthew 5:1-12

Psalm 36 & Numbers 6:22-27

Psalm 39 & Luke 6:27-36

Psalm 40 & Deut. 6:1-9

Psalm 42 & Matthew 22:37-40

Psalm 43 & Joshua 1:6-9

Psalm 47 & Matthew 28:16-20



Psalm 51 & Joshua 24:14-15

Psalm 57 & Acts 2:42-47

Psalm 61 & Ezekiel 36:22-27

Psalm 62 & Romans 8:35-39

Psalm 67 & Isaiah 2:2-4

Psalm 84 & Ephesians 3:14-21

Psalm 100 & Isaiah 52:4-12

Psalm 121 & Colossians 1:15-20

Psalm 142 & Isaiah 53

Psalm 146 & 2 Corinthians 5:14-21

Psalm 148 & Micah 6:6-8

Psalm 150 & Rev. 21:1-7

CONTEMPLATIVE READING

Contemplative Reading is a spiritual practice that helps us envision ourselves in the story of scripture. This mode of reading invites us to insert ourselves into the reading, allowing us to taste, see, smell, hear and feel what is going on in the scene.

Here are some simple instructions:

1. Pick a passage where people are interacting together (ideally involving Jesus).
2. Focus your heart and mind. Remember God's presence with you. Open yourself up to hear.
3. Read the passage slowly. Get a feel for the scene and the flow of the story. Where is this taking place? Who is there? What is happening?
4. Read the passage a second time, this time placing yourself in the story. Try to imagine the scene unfolding from the vantage point of a specific person in the story, or as an onlooker.
5. What is God doing? How do you feel? What do you think? What words stand out to you? What images are coming to mind?
6. The aim is to engage with the scene and allow God to speak to you from within the story.
7. What do you sense God is trying to say to you?

SUGGESTED PASSAGES

Mary Visits Elizabeth - Luke 1:39–49

John Baptizes Jesus - Mark 1:4–11

The Miraculous Catch of Fish - Luke 5:3–11

Jesus Heals on the Sabbath - Mark 3:1–6

Jesus Walks on Water - Matthew 14:22–33

The Anointing of Jesus - John 12:1–8

Peter Denies Jesus - Luke 22:54–62

The Crucifixion of Jesus - Luke 23:33–43

The Resurrection of Jesus - Matthew 28:1–10

Jesus Forgives Peter - John 21:1–19



BASIC PRAYER

A Simple Way to Speak with God

If you find prayer intimidating and hard to understand, you are not alone. These simple steps are intended to make prayer more accessible, so that you can enter into the beauty of connecting with God through prayer.

Adoration - reflect on God's goodness.

Sample: *Glorious God I adore You. You are mighty. You are loving. You are beyond my imagination. I am in awe of all You have done, all that You are doing, and all that You will do. God, You are _____.*

Confession - acknowledge life's struggles.

Sample: *Gracious God I confess that I have let you down, let others down, let myself down. I have given in to temptation and selfishness. I have missed opportunities to be generous and loving. I confess my failures, trusting that you forgive me and you want to help me grow. God, I confess _____.*



Thanksgiving - thank God for blessings.

Sample: Good God, thank you for all the blessings in my life. You have provided me with more than I could ever have imagined.

God, Thank you for _____.

Requests - ask for God's provisions.

Sample: Generous God, I turn to you for strength and help. Please care for me and the people I love.

God, please _____.

BREATH PRAYER

Let Prayer Fill You Like Oxygen

To begin, quietly become aware of your body. Sit in a way that is comfortable for you, a position that will allow you to take a deep breath in and out. Close your eyes. Imagine a place where you feel safe, your own sanctuary. Breathe slowly and deeply while holding that place in your mind for a few moments.

Breath Prayer is an ancient form of prayer and is easily adaptable. Choose one or two lines to focus on and inhale and then exhale through them.

Examples:

Inhale: Lord Jesus Christ, son of God,

Exhale: Have mercy on me, a sinner.

Inhale: Nothing can come between me and the
love of God,

Exhale: I am always embraced by Jesus.

Inhale: I breathe in hope,

Exhale: And I breathe out fear.

Inhale: O God, help me hear,

Exhale: Your still, small voice.

Inhale: In Christ,

Exhale: I belong

Inhale: O God, I am not alone,

Exhale: You've been there all along.

Inhale: This life is a mystery,

Exhale: Beyond my understanding.

Inhale: When fear surrounds me,

Exhale: Help me trust in you.

Inhale: Give us this day,

Exhale: Our daily bread.

Inhale: Help me live in a manner.

Exhale: Worthy of my calling.

Inhale: Awake me, Jesus,

Exhale: Astound me with Your presence



EXAMEN PRAYER

Reviewing our Day With God

The Examen is an ancient practice in the Church that can help us see God's hand at work in our whole experience. This is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us.

OPEN YOURSELF TO GOD

Take a moment to slow your mind,
and declare your desire to hear from God.

RECEIVE & RELEASE

Breathing in slowly, receive God's peace.
Breathing out slowly, release your stress
to God.

REFLECT & REJOICE

Review the events of your day, asking God to
reveal the ways the Spirit was working.
When did you experience God's goodness?
When was God speaking to you?

REPENT

Allow God to reveal the areas of struggle and
failure from your day. Take a moment to
confess sin and ask for God's strength to turn
away from sin.

LOOKING AHEAD

Ask God to prepare you for the day ahead.
Allow the reminders of God's presence to give
you hope, and allow the words of correction to
guide you towards God's desires for your life.

PRAYER OF ST. FRANCIS OF ASSISI

Lord, make me an instrument of your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair, hope;

Where there is darkness, light;

And where there is sadness, joy.

O Divine Master,

Grant that I may not so much seek

To be consoled as to console;

To be understood as to understand;

To be loved as to love.

For it is in giving that we receive;

It is in pardoning that we are pardoned;

And it is in dying that we are

Born to eternal life.

Amen.

THE SERENITY PRAYER

God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
And wisdom to know the difference.
Living one day at a time;
Enjoying one moment at a time;
Accepting hardships as the pathway to peace;
Taking, as He did, this sinful world
As it is, not as I would have it;
Trusting that He will make all things right
If I surrender to His Will;
So that I may be reasonably happy in this life
And supremely happy with Him
Forever and ever in the next.
Amen.

PRAYER TO WELCOME SABBATH

From Common Prayer:

A Liturgy for Ordinary Radicals

Lord of Creation,
Create in us a new rhythm of life
Composed of hours that sustain
Rather than stress,
of days that deliver rather than destroy,
of time that tickles rather than tackles.
Lord of Liberation,
By the rhythm of your truth,
Set us free
From the bondage and baggage
that breaks us,
From the Pharaohs and fellows who fail us,
From the plans and pursuits that prey upon us.
Lord of Resurrection,
May we be raised into rhythms
of your new life,

Dead to deceitful calendars,
Dead to fleeting friend requests,
Dead to the empty peace
Of our accomplishments.
To our packed-full planners, we bid, "Peace!"
To our over-caffeinated consciences,
We say, "Cease!"
To our suffocating selves, Lord,
Grant us release.
Drowning in a sea of deadlines
And death chimes,
We rest in you, our lifeline.
By your ever-restful grace,
Allow us to enter your Sabbath rest
As your Sabbath rest enters into us.
In the name of our Creator,
Our Liberator,
Our Resurrection and Life,
We pray. Amen.

A BEGINNER'S GUIDE TO SILENCE & SOLITUDE

- Find a quiet place that is as distraction-free as possible. Put your phone away and settle into a comfortable position.
- Begin to take long, slow breaths from your belly, all the way up through your lungs. Inhale through your nose, exhale through your mouth.
- With each inhale, prayerfully welcome the Father, the Son, and Holy Spirit into the deepest place within you. You may want to repeat a simple prayer like “Come Holy Spirit” or “Lord, have mercy on me.”
- Now that you are centered in your body and in God, spend a few minutes resting in God’s love for you. Let the Holy Spirit make his presence known to your whole body. soak in God’s love and peace and joy.

- After a few minutes, you may want to continue your time in solitude by reading a psalm or another passage from Scripture.
- Consider journaling as a way to focus your attention and capturing what God is saying.
- Whenever you're done, close your time with a simple prayer of gratitude to God for his presence, love, and goodness in your life.

Other Ideas to Consider:

- Use a timer to help carve out a set amount of time. Feel free to start small with 2-3 minutes.
- Establish a place in your life that helps nurture silence & solitude:
 - A chair that is clear of clutter and distraction.
 - A prayer corner in your bedroom.
 - A pathway through a park in your neighborhood.
- Re-claim moments in your day as opportunities for silence & solitude.
 - Your drive to work.
 - Your morning walk.
 - Washing the dishes.

SHARE GOD'S STORY

EMBODIED WITNESS

As followers of Jesus we believe a good story. It's a story of God's desire to renew all things through Jesus Christ. It's a story worth sharing. Unfortunately, many Christians have done damage while trying to spread good news. Here are some ways to tell God's story in a way that sounds like good news for our world.

Learn the story – We don't need to be biblical scholars to tell the story, but we do need to anchor ourselves in the story revealed in scripture. Important passages:
Mark 2, John 3, John 1, Acts 17, 2 Cor. 5

Internalize the story – 1 Peter 3:15 says "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect."

What is the reason for your hope?

How has God's story transformed your story?

Why are you convinced this is good news?

Learn to tell the story in a way that speaks from your lived experience.

Be present in the world – Opportunities to share the good news will come from your embodied presence among real people.

Pay attention – Live in your world with your eyes open. Look for signs of God’s presence and grace. Notice the ways that God is already at work. Recognize the ways people around you are aching for hope.

Be prayerful – Ask the Spirit to give you insight into the ways God is already working. Ask for discernment for how to connect God’s story with the lives of people around you.

Share good news – Offer words of hope, encouragement, and inspiration extending from your own experience.

Try using words like:

I have found hope from God...

I think God might be working in your life...

Jesus has helped me to understand...

GUIDE

TO FASTING

- Pick a day that works for you.
- If possible, do this together with community.
- Fast until sundown. Then, eat a simple meal in gratitude.
 - If a full day is too much for your body or soul, start smaller. Skip breakfast and break the fast at lunch or 3 PM. The goal is to weave fasting into the rhythms of your life.
- Plan what you'll do instead of eating. Fasting isn't merely an act of self-deprivation, but a spiritual practice for seeking more of God's fullness. We spend a good portion of our day with food in front of us. Fasting creates space for prayer and meditation on God's word or acts of love for others.
- Each time a hunger pain comes, pray something like: "God, I offer my body to you in worship. Please transform me."
- As you go about your day be mindful to enjoy God's company and attempt to open your heart to God throughout the day.

SERVE LOCAL

There are many ways to respond to the needs of our city. Here are some of the organizations that are doing good work caring for those on the margins in Saskatoon.

The Bridge

Providing meals, clothing, care, and community for those in the inner city.

Friendship Inn

Serving meals, offering friendship, and connecting people with services in the inner city.

Global Gathering Place

Support for refugees and immigrants who are new to Saskatoon.

Micah Mission

Person-2-Person visitations in correctional institutions.

Mennonite Central Committee

Programming for children and youth in the inner city.

Sons & Daughters

Kinship & Foster Family support.



JOINING GOD IN THE RENEWAL OF ALL THINGS





LAKEVIEW
CHURCH