

The EVERY STRATEGY LEADER Breakthru

No matter your personality style, vocational role, your maturity in Christ or your Church background, each of us could benefit from considering what we have in place, in our ordinary day-to-day life, that helps to cultivate our relationship and intimacy with Christ. What is your “sacred rhythm?”

Sacred rhythm refers to the structure you follow in your ongoing life and relationship with God. Spiritual disciplines are activities that open us to God's ongoing, transforming work and the changes that only God can bring, and are part of your sacred rhythm. One of the monastic traditions or practices that many also use today is the creation of a "**rule of life**" that allows for regular space to breath and enjoy God, and to allow for time to practice some of the spiritual disciplines.

The **EVERY STRATEGY** is just one approach to a “rule of life” that can help you establish a better, sacred rhythm. It is simple... easy to remember... and helps to establish regular spaces to cultivate your walk with Christ.

This is offered with the clear recognition that any rhythm has to take into account stage of life, and demands that life is presenting during its various seasons. The point is simple: Regardless of where you find yourself, is there a rhythm to your spiritual journey and life?

EVERY DAY	SPACE for God
EVERY WEEK	SOLITUDE with God
EVERY MONTH	SURRENDER to God
EVERY QUARTER	SEARCHING the heart of God
EVERY YEAR	SEEKING out your next steps with God

EVERY DAY / SPACE for God

30 minutes each day... time of worship, alignment, feeding from the word, prayer and disciplined openness to what God is at work doing in that day.

Resources & Ideas:

Common Prayer: A Liturgy for Ordinary Radicals

Daily liturgy and prayer guide

<http://www.amazon.com/Common-Prayer-Liturgy-Ordinary-Radicals/dp/0310326192>

The Blue Book Devotional – Now on-line

Topic: Great blend of Bible text and classic insights from the history of the church.

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EVERY WEEK / SOLITUDE with God

60-90 minutes... time away, disconnected and alone. Time to journal, reflect, read and cultivate your life with God. Time to turn down all the conversation with others, and create space for you and God, and conversation.

Resources & Ideas:

Visit your favorite coffee shop.. Select table off to the side... head phones to help knock down all the noise. Listening to music. Journal time. Time to think about the week. What happened? What God revealed? Times you were close to God? When you disconnected?

As weather permits, visit favorite outdoor location. Time for walk and conversational prayer with God. Time away from others. Time to be still, and just know He is there. Not time to work, time to just be.

EVERY MONTH / SILENCE with God

4-6 hours (day away)... time to step back... time to be quiet. Time to practice the discipline of silence. Time listen vs. talk... time to review your times with God... to consolidate learning. Time to study/read/work on cultivating your life with God.

Resources & Ideas:

Spiritual Disciplines resources:

Ruth Haley Barton - Sacred-Rhythms-Arranging-Spiritual-Transformation

Ways to think about your spiritual journey, and times of silence.

<http://www.amazon.com/Sacred-Rhythms-Arranging-Spiritual-Transformation/dp/0830833331>

Adele Ahlberg Calhoun – Spiritual Disciplines Handbook

Practical resource on how to practice and use the spiritual disciplines

<http://www.amazon.com/Spiritual-Disciplines-Handbook-Practices-Transform/dp/0830833307>

Dallas Willard – Divine Conspiracy

Incredible read(and re-read) during this time – Call to go deeper into your journey with God.

<http://www.amazon.com/The-Divine-Conspiracy-Rediscovering-Hidden/dp/0060693339>

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EVERY QUARTER / SEARCHING the heart of God

An overnight... time for prayer and reflection. Time for reading/study and intentional personal growth. Time to review the year thus far. Time to re-establish the rhythm and routines. Time to go after topics and dig deeper. Time to connect with spiritual director or mentor.

Resources & Ideas:

Retreat centers and nearby monasteries offer rooms and meals for overnight guests. Some monasteries allow you to participate in their various practices. Check out any Benedictine monastery near you.

Personal Growth Projects – Resource from Leader Breakthru. Helps you to become more intentional you're your personal growth.

<http://www.leaderbreakthru.com/resources/free-resources.php>

EVERY YEAR / SEEKING out your next steps with God

Two-day, personal retreat... away... time to re-gain big-picture of your personal development, to re-set the compass for the year ahead. First-day... time to look back... where you been. Second-day... look forward... where you are going.

Resources & Ideas:

Focused Living On-line Process - Personal, Post-it Note Time-line

Practical tool that gives perspective and can be updated on a regular basis.

Time-line within Leader Breakthru process called Focused Living – On-line version.

<http://www.leaderbreakthru.com/training/focused-living-online/>

John Trent– Life Mapping

Similar tool as above. More comprehensive on the emotional journey. Helps with wounding.

<http://www.amazon.com/Life-Mapping-John-Trent/dp/1578561469>

Craig Groeschel– Chazown

On-line process. Free. Contains Leader Breakthru Time-line with other reflective exercises.

<http://www.lifechurch.tv/watch/chazown/1>