



# Rhythm of Life

Developing healthy spiritual habits  
in order to draw closer to God



In 2024 we will be adopting these habits to give us a framework on which to build a deeper relationship with God: getting spiritually “fitter” and more resilient in our faith. Will you take part in the challenge?

## Feb / Mar Confession

Use the prayer of  
examen regularly

## Apr / May Worship

Take 5 – 5 mins a  
day in silence with  
God

## Jun / Jul Learning

Read through one  
book of the Bible  
this month

## Aug / Sep Serving

Pray daily for one of  
your frontlines

## Oct / Nov Intercession

Pray daily for  
someone who needs  
support

## Dec / Jan Hospitality

Invite someone to an  
event or to your  
home

If you would like to commit to this challenge:  
Tear off this slip, sign and place in the box OR scan  
the QR code and sign up online.



I commit to taking part in the Rhythm of Life Challenge 2024

Signed.....Date.....