
THE EVERY STRATEGY

No matter your personality style, your pace in life, your vocational role, your maturity in Christ or your Church background, each of us could benefit from considering what we have in place, 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 breathe 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 the demands that life is presenting during its various seasons.

Regardless of where you find yourself, is there a rhythm to your spiritual journey and life?

EVERY DAY—MAKE 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.

EVERY WEEK—SABBATH WITH GOD

1 day each week... time to worship, learn, reflect, rest, and cultivate your life with God. Time to gather with other believers in corporate worship, and create space for you and God to rest and converse.

EVERY MONTH—SIT IN SILENCE WITH GOD

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

EVERY QUARTER—SEARCH 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.

EVERY YEAR—SEEK OUT YOUR NEXT STEPS WITH GOD

A two-day, personal retreat... away... time to regain a big-picture view of your personal development, to reset the compass for the year ahead. First day—time to look back, where have you been. Second day—time to look forward, where are you going?

MY EVERY STRATEGY

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30 minutes each day.

EVERY WEEK—SABBATH WITH GOD

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EVERY MONTH—SIT IN SILENCE WITH GOD

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