

PART VI: Seven rhythms of living in community

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READ THIS OVERVIEW

Many families have traditions. Maybe your family shares the same meal on Christmas morning each year, or goes to the same movie theater after dinner each Thanksgiving, or vacations in the same place each summer. On a smaller scale, many families also have habits. Whether its pizza night on Tuesdays, sharing gratitude around the dinner table, praying before bedtime, chores on Thursday, or a Friday night movie night. These traditions and habits, or “rhythms,” make up a significant portion of any family’s life together.

If Jesus’ vision for his community of disciples was for them to become a tight-knit, diverse, and loyal family, the question arises: what rhythms and habits exist in the family of God? Or, put more practically, what rhythms should my community adopt in our shared life together?

While there is no perfect answer to these questions, throughout church history we see the family of Jesus adopting seven rhythms: Celebration, Bearing Burdens, Confession of Sin, Hospitality, Eating Together (Communion), Prayer and Worship, and Generosity.

We’ve spent the last few weeks laying a foundation for relating to one another well with the skills from *Emotionally Healthy Relationships*. With these skills as our foundation, we begin now to explore practical outward rhythms and practices for growing together as a Community seeking after Jesus. This week’s Practice provides ideas for how to adopt the seven rhythms included above into the life of your Community.

READ THE BIBLE TOGETHER

- Acts 2:42-47,
- Hebrews 13:1-2 and 16

- 1 Thessalonians 5:16-22
- Galatians 6:2
- James 5:16

DO THIS PRACTICE AS A COMMUNITY RIGHT NOW

You can find this practice in casaevidencias.com/comUNIDAD

The goal of this week's practice is to start working on some of the seven rhythms in our Group. The goal is that as Grupo Evidencias we can have a rhythm where we can practice these seven constant rhythms, but it will take time.

Today we are going to read the seven rhythms, make some comments and we are going to start with a single rhythm. As a community we are going to commit ourselves to start with the rhythm of **PRAYER AND WORSHIP**.

Celebration

There is always something to celebrate. Have a night of celebration in everyone share something good that is happening in your life right now, share a good meal, celebrate a birthday with affirmations or just spend some time together.

Bearing Burdens

It is letting others know the difficult times you are going through. It is answering the question "What is something that is challenging or heavy in your life right now?"

And it is also to support as Grupo Evidencias (with the facilitator's guide) in what is believed possible and is wise.

Confession of sin

It's when we confess to someone we trust, and of the same sex, who is in our community about something we are struggling with.

Some guidelines for confession include:

Have a conversation about the nature of confession before you dive into the act of confession. Ask questions like: What is your experience with confession? What do you think is the purpose of confession? What is scary about confession and what could be good about it? How could we make our Community a safe place for confession to take place?

Confession should be invited, not forced. Make it clear that no one has to share anything they feel uncomfortable sharing.

Confession should take place in smaller settings of 2-4 people.

Establish a confidentiality rule.

Do it the first few times with the facilitator.

Hospitality

It is opening the doors of your house to invite someone to spend a moment of community.

It can be 1) inviting a friend or neighbor to dinner who doesn't follow Jesus. 2) As a community, choose a day to do something special in the Grupo Evidencias to invite friends and neighbors who do not follow Jesus 3) Invite someone from the Grupo Evidencias to your house to have a good time around the table.

Eating Together (The Lord's Supper)

In a social club they meet for the simple fact of meeting, in a community (Evidencias Group), we meet with a purpose: **to practice Jesus together**. And one of the most important practices of an apprentice of Jesus is to take the holy supper

It is to include within the weekly meal in the Evidence Group, bread and grape juice and a time to pray and reflect together on the life, death and resurrection of Jesus.

Prayer and Worship

As a community, it is important to spend times of celebration as well as times of prayer and worship. It is what is going to help us stay as a community and not a social club.

There is time for silence and stillness that is personal, but it is also important to do it in community.

That is why it is important not only to attend our meeting on Sundays, but also to attend our fasting Saturdays and prayer and worship Sundays.

Generosity

There are many ways to practice generosity and we will be talking about more details later in another practice.

The important thing is to know that as a community, we must be generous in carrying each other's burdens as we see in Acts 2.