



The **CROWN** Rhythm

- ☐ COMMUNITY
- ☐ RECREATE
- ☐ OFFERING
- ☐ WORD
- ☐ NETWORKS

# Developing an aspect of your Rhythm of Life.

Ask some useful starter questions:

- What has helped / challenged / encouraged you from biblical teaching you have heard?
- How can my rhythm help me to rely and draw strength from God and not just add busyness or striving into my life?
- When have I felt strong or fruitful in this area of Christian Life before?

**Aspiration:** "What would an ideal expression of this rhythm look like for me?" (If you can't describe what you'd do, think of some key words about the outcomes you'd like.)

**Right Now:** "What does my present reality look like in this area?"

**Barriers / Blockages:** "What would stop me from reaching my ideal rhythm? What can I do to change that?"

**Help / Equipping:** "What support / input / coaching would help me grow in this area?"  
(See available resources below.)

**Next Steps:** "What would a rhythm that moves me towards my ideal look like? What question could a group ask me that I could be accountable to?"