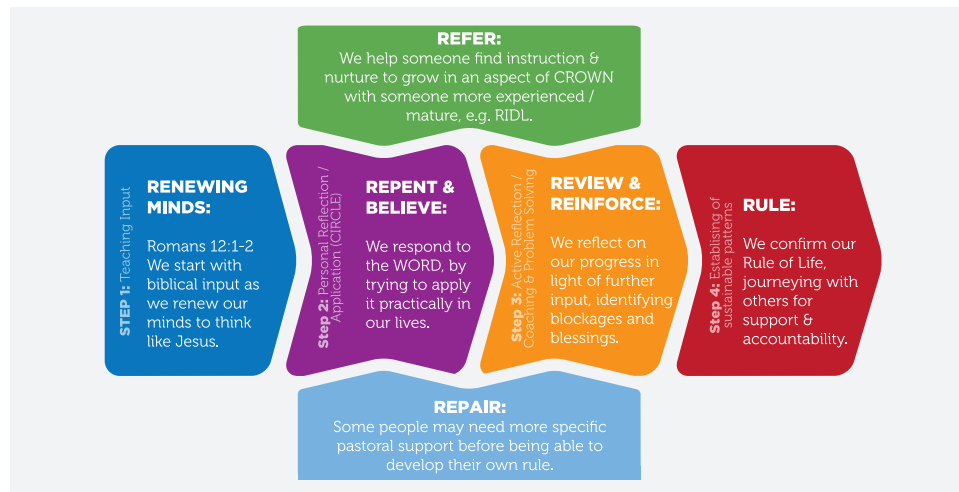


Handling these kinds of questions demands wisdom. Using the CROWN discussion starter questions can help draw people out and help them self-reflect. For mentors, this presents of a chance to go below the surface. It is a key time to be listening closely to the Holy Spirit and encourage, reassure or challenge and exhort as seems appropriate.



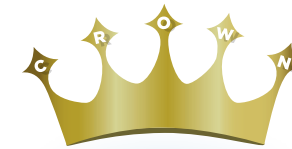
**FOCUS ON WHAT GOD IS BLESSING:** the other key focus in building a strong pattern is helping the mentee discern where God is at work. As you tease this out with them, celebrate signs of God's presence in their rhythms, and emerging fruit. Where has taking rest started to bring life to them? Specifically, in Re-Create, we are leading people towards a pattern that refreshes in every way to give strength to the whole week - if sorting the Sabbath stresses them out, they've missed the point! Laugh a bit, and let the patterns overflow in to rest points through the week.

## STEP 4: FORMING A RULE

As things become clearer, encourage the mentee to begin to write their rule down. This may include practical steps that help establish and protect the patterns - as well as the practical detail of their rhythm. If it is hard to get started, try sharing examples, (see CROWN example rhythms booklet). Once a personal rule has been resolved, move on with the mentee to another element of CROWN, noting that as we grow in our faith, it would be good to return to this at some point and ask how God might be leading them to develop their pattern further.

**OTHER RESOURCES:** [CROWN Discussion Starter Questions](#). [CROWN Example Rhythms](#). [CROWN Mentor Guide](#). [CROWN Life-Beats Study Booklets](#). [CROWN Teaching Videos](#).

We value regular life-giving rest.



Recreate

## CROWN MENTOR QUICK-GUIDE BUILDING A PERSONAL RECREATE RULE

### AIM

To work with a group or mentee to enable them to form rhythms that become a consistent, life-giving and sustainable personal rule for the Re-Create element of the CROWN rule of life.

### WHAT MIGHT THAT LOOK & FEEL LIKE?

The mentee will show a good balance between activity and rest, meaning their faith is not marked by striving or achievement, but an overflow of their walk with the Lord. They will have good boundaries to enable rest, both on a 'Sabbath' day, and in the rhythms of their week too. Sabbath will become something they look forward to, even feeling like the high point of the week. Taking joy in these patterns, the life that flows from their rest will encourage healthy living (especially eating and sleep), bring life to close relationships and an energy and vision for all they do.

### PREPARE

Have in mind the broad process and steps for guiding people to form rhythms (see diagram) and reflect on which stage you feel they have reached. Make time to pray for those you are journeying with, seeking the LORD's wisdom and insight to help them to grow. Note any Scriptures, thoughts, questions or impressions that come to mind which may be useful for when you meet.

## STEP 1: RENEWING MINDS - SCRIPTURE

(See the Life Beats Studies for further details)

**Stopping, Resting, Renewal & Celebration:** Genesis 2:1-3, Exodus 20:8-11, Matthew 11:25-30 (vs 28-30 MSG)

Spend some time with the mentee establishing the biblical foundations behind the rhythm by discussing the passages or working through the study material. They can also watch some of the relevant CROWN short teaching videos available on-line between sessions. Work with the questions this provokes, looking at other passages and resources that might be useful to help the mentee come to an personally owned understanding of these key principles.

**A Re-Create rhythm leads us into God's rest. As we lay down our busyness and stop, we position ourselves to be renewed finding life and joy as we celebrate God's goodness to us.**

with a Re-Create coach, ideally someone at their stage of life, who can guide about forming good patterns.

**TAKING THE NEXT STEP:** Explore with the mentee what the first or next step of commitment to a Re-create rhythm looks like. For new believers, patterns that include and bless their family can be a real witness to Jesus, but the commitment to public worship is potentially a battleground. For well established Christians, the questions may be more qualitative - are they meeting and experiencing God within their patterns? How is Jesus calling them deeper? It is also helpful to consider the ways rhythms overlap. For example, there may be a real connection between the Re-Create pattern and the Community rhythm in terms of worship - especially where patterns might be shared e.g. a regular lunch after church with your group. This commitment to gather on Sunday morning is why many find the Jewish evening to evening Sabbath pattern helpful. Choosing to slow down on Saturday evening can be great preparation for worship together on Sunday.

It is important to be realistic about what is resolved. It is better to take small steps, perhaps only in one area of 'Re-Create', that can be sustained, than try to do too much that will end in failure and discouragement. Do agree clear steps with the expectation (and accountability) that they will be seen through. These will provide the basis for reflection and the shaping of their eventual rule.

## STEP 2: REPENT AND BELIEVE

**WHAT IS GOD SAYING?** Begin to explore what it means to respond to the biblical teaching. At this stage it may help to imagine a 'blue sky' scenario - so that the mentee can share their aspirations or a sense of what an ideal rhythm might look like for Re-Create. To help tease this out, explore what brings life and refreshes them. Do they need time alone or to be with people? Is there something that helps them switch off? (Gardening / reading / painting / watching sport / walking?) How do they find closeness to God in their rest? How might some of these elements inform the shape of Sabbath and overflow into the shaping of their week?

**ESTABLISH A BASELINE:** Having established a sense of what God might be saying to them, it is important to ground this in reality. Where do they think they are now? What is going well; what is not? Do they consider this an area of strength or is it a real struggle? Which of stopping, resting, renewal or celebration is hardest for them? Get them to think about this in the context of life at St Michael's - do they make a commitment to gathered worship? Perhaps connect them

## STEP 3: REVIEW AND REINFORCE

**OVERCOMING BLOCKAGES:** As people seek to grow in Re-Create, there may be specific challenges they come up against. Some may be practical and require creative thinking and problem-solving. Others may be deeper rooted, exposing strongholds and demanding pastoral care.

This area often exposes busyness. Do they never stop, are they constantly checking emails / Facebook etc? As a mentor it is important to tease out why. What fears undermine their rest / drive their busyness? Are they willing to form good boundaries? Where are they spending too much time that they shouldn't be?