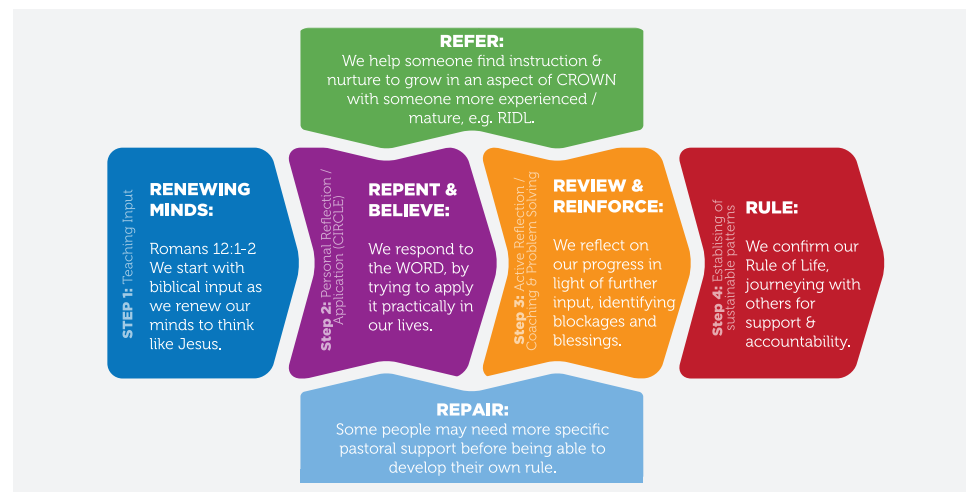


As things emerge, some may need more direct challenge others and arm around them. We must also bear in mind that there are many different approaches to devotional prayer and it can help to tease out if their present approach is best suited to them? Can flexibility / variety be brought into their pattern? Would it be helpful (or realistic) to find different routines for weekends, or holidays? Wrestling with these questions will lead to a more robust outcome.



FOCUS ON WHAT GOD IS BLESSING: the other key to 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. Specifically, in Word, it will mean discerning how they are really drawing closer to God. Which patterns are alive and sustainable, which are leading them deeper into truth and the growing sense of being spiritually fed day by day? Invest in those areas.

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 pursuing a living relationship with Jesus and his word.



Word

CROWN MENTOR QUICK-GUIDE BUILDING A PERSONAL WORD 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 Word element of the CROWN rule of life.

WHAT MIGHT THAT LOOK & FEEL LIKE?

The mentee should have a growing sense of walking more closely with the Lord. This might be evidenced in hearing him speak through his Word, an engagement in song - and ability to disconnect from the pressures of daily life to just 'be.' Their patterns should become a routine that begins to ache when missed, and automatic like something as simple as cleaning your teeth.

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)

Sitting at Jesus feet: Luke 10:38-42, Scripture: 2 Timothy 3:16-17

Song: Various Psalms, & Solitude Mk 1:32-39

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 WORD Rhythm positions us to meet with God day by day, to sit at his feet and let him speak into our lives. As he does, anything can happen!

TAKING THE NEXT STEP: Explore with the mentee what the first or next step of commitment to a Word rhythm looks like? Which aspect of Word do they feel would be most helpful to explore and grow in - Sitting, Scripture, Song or Solitude? For new believers, it is essential to impress that 'Apart from Jesus we can do nothing' and that our prayer patterns and closeness to him is the foundation of everything else.

For well established Christians, the questions may be more qualitative - are they meeting and experiencing God within their patterns? How might Jesus be calling them deeper in this area? How might their rhythm better position them to hear God speak and be drawn closer to him? It is helpful to consider how rhythms can complement and reinforce each other. For example, if someone's Re-Create pattern places an emphasis on space to walk and pray it may overlap and complement the core elements of their Word pattern - each bringing strength to the other.

It is important to be realistic about what is resolved, it is better to take small 'baby steps' that can be sustained than try to do too much that will end in failure and discouragement. However, 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 'perfect world' scenario - so that the mentee can share their aspirations or a sense of what an ideal rhythm might look like for Word. Encourage them to be imaginative and hope for great things. For some, it may be to recapture patterns in which they have felt closest to God in this area. What has worked for them in the past? Can they do the things they did at first, to recapture their first love? (Rev 2:4.) Try to get them to contextualise this in the patterns, routines and 'winnable times' of their daily lives.

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 struggle? What regular patterns do they already have? Do they know where to begin? Have they ever been taught to pray? If they need "how to" help we recommend they are referred to a prayer coach for guidance and instruction.

STEP 3: REVIEW AND REINFORCE

OVERCOMING BLOCKAGES: As people seek to grow in Word, 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. One likely blockage is time. Are they busy 24/7? Are they able to slow down and give this time to God? What distractions do they face? Does their stage of life bring complications? Does their day have potential space they might not have noticed - e.g. commute? Are their blockages circumstantial, requiring practical solutions to find or make space (like going to bed earlier), or does this reveal mistaken priorities and things they put before God requiring repentance? Using the CROWN discussion starter questions can help draw people out and help them self-reflect.