




1




2



The habits and rhythms of our lives determine the way we spend our days and how we react to what is happening around us.

Leadership
Rhythms
Noticing & Nurturing Your
Practices & Habits

3




The habits and rhythms of our lives determine the way we spend our days and how we react to what is happening around us.

Approximately 90% of our lives are automatic responses that happen without thinking.

Leadership
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4




That is great for so many things
but not for the most *important*
things like ...

- loving others
- spiritual leadership
- discernment
- following the Lord's leading
- listening to the Lord

Leadership
Rhythms
Noticing & Nurturing Your
Practices & Habits

5




Most often, we look at that list of
important things and try so hard
to do them.

The challenge is that doing these
things or not doing these
important things are *fruit*, or the
byproduct, of something else.

Leadership
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6




“One marked difference between the faith of our fathers as conceived by the fathers, and the same faith as understood and lived by their children, is that the fathers were concerned with the root of the matter, while their present-day descendants seem concerned only with the fruit.”

A. W. Tozer

Leadership
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7




Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

John 15:4-5

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8




But I say, walk by the Spirit, and you will not gratify the desires of the flesh ... but the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control ... if we live by the Spirit, let us also keep in step with the Spirit.

Galatians 5:16, 22-23, 25

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9



Fruit of the Spirit ...
love, joy, peace, patience,
kindness, goodness, faithfulness,
gentleness, self-control

Leadership
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10




Fruit of the Spirit ...
love, joy, peace, patience,
kindness, goodness, faithfulness,
gentleness, self-control

Fruit of the flesh ...
competing, comparing,
controlling, criticizing,
cratering, quelling, people
pleasing, hoarding

Leadership
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11



The invitation of Jesus is to inhabit
rhythms and practices of abiding
and keeping in step with the Spirit.

Leadership
Rhythms
Noticing & Nurturing Your
Practices & Habits

12




The invitation of Jesus is to inhabit rhythms and practices of abiding and keeping in step with the Spirit.

Practices of ...
Slowing
Silence and Solitude
Stillness
Sabbath

Leadership
Rhythms
Noticing & Nurturing Your
Practices & Habits

13



Practices of ...
Slowing
Silence and Solitude
Stillness
Sabbath

Non-Abiding Practices ...
Hurry
Constant noise
Constant activity
Workaholism

Leadership
Rhythms
Noticing & Nurturing Your
Practices & Habits

14



Practices of ...
 Slowing
 Silence and Solitude
 Stillness
 Sabbath


Non-Abiding Practices ...
 Hurry
 Constant noise
 Constant activity
 Workaholism

Awareness
 Response

Distraction
 Resistance

Leadership
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15



The apostles returned to Jesus and told him all that they had done and taught. And he said to them, “Come away by yourselves to a desolate place and rest a while.” For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a desolate place by themselves.

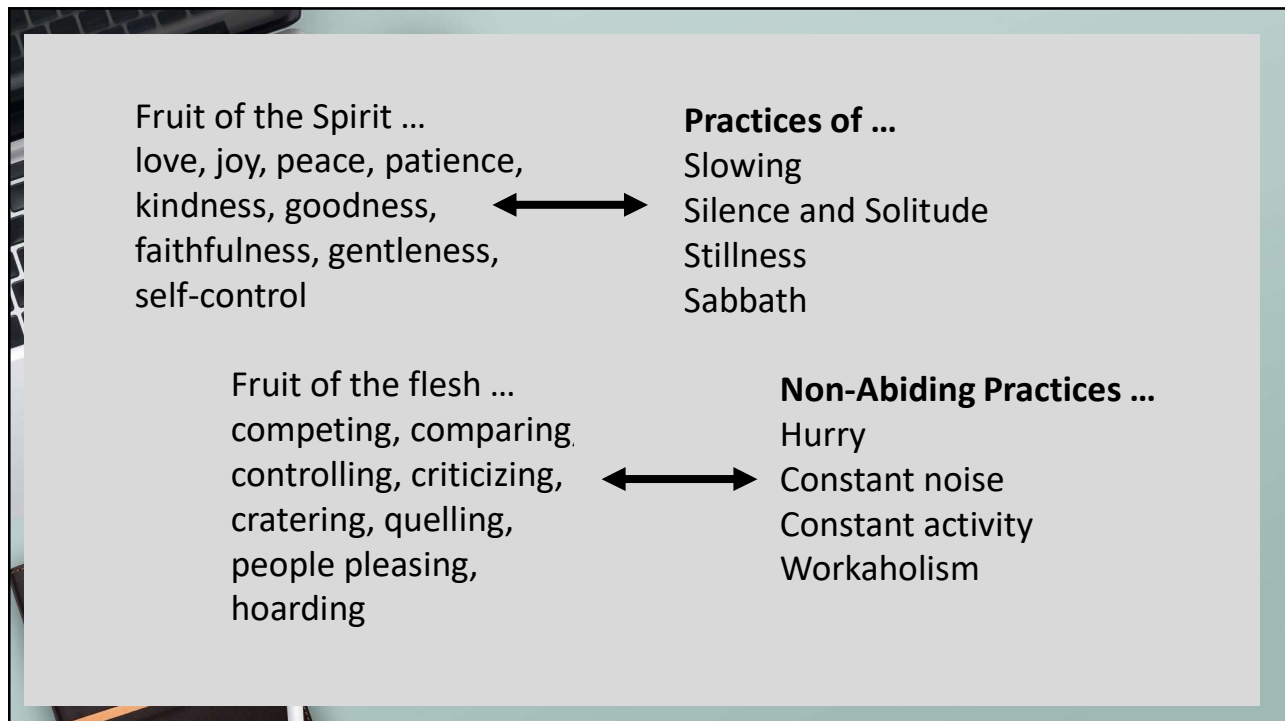
Mark 6:30-32

Leadership
 Rhythms
 Noticing & Nurturing Your
 Practices & Habits

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17



18



19



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