

Sacred Rhythms

Life Rhythms: Cultivating Rhythms

for Spiritual Transformation

Matthew 13:44-46 NRSVUE

“The kingdom of heaven is like treasure hidden in a field, which a man found and reburied; then in his joy he goes and sells all that he has and buys that field.

Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it.”

- Matthew 13:44-46

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“This is fundamentally what spiritual transformation is all about: choosing a way of life that opens us to the presence of God in the places of our being where our truest desires and deepest longings stir.”

- Ruth Haley Barton

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- Matthew 13:44

“Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it.”

- Matthew 13:45-46

The Kingdom of Heaven

Rule of Life/Life Rhythm

*How do I want to live so I can
be who I want to be?*

PK's Life Rhythms

- tech free the first hour of the morning
- spend time with the Lord through scripture and prayer
- practice Sabbath weekly
- sleep eight hours
- listen to my body and take mental breaks throughout the day
- move body daily
- make more foods from scratch
- practice a simple/ethical lifestyle

“One of the greatest temptations...is to believe that if I were in another season of life, I could be more spiritual. The truth is that spiritual transformation takes place as we embrace the challenges and opportunities associated with each season of life.”

- Ruth Haley Barton