



**ROUND Two // PRE-WORK**



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## WELCOME BACK...

These pages are meant to help us stop, listen, and reflect in preparation for our time together on the Lake.

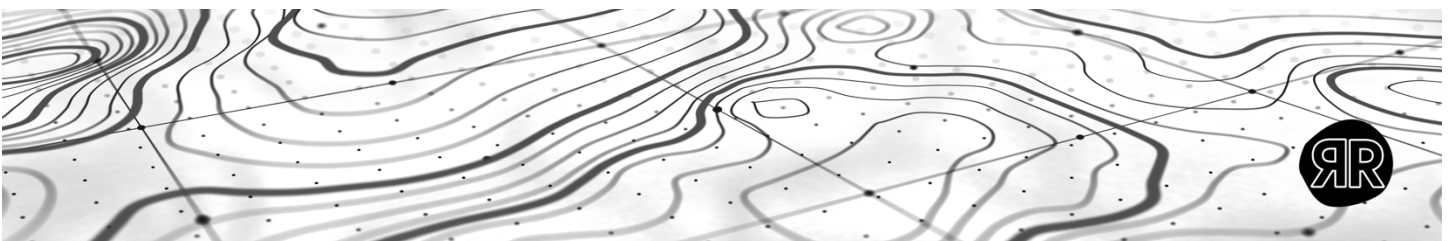
We are praying for these days to be impactful as we fight for space together.

We're humbled that you're continuing to step into this journey with us to see what God has in store.

May your time alone be rich.

Blessings,  
the RHYTHM crew

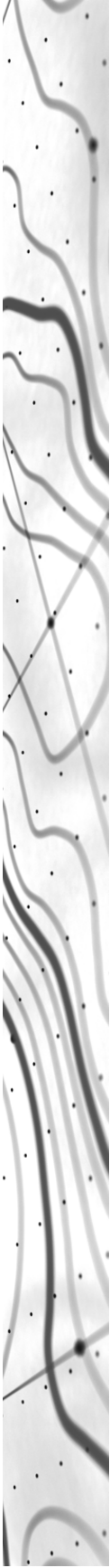
*(Remember to bring a hard copy of your completed pre-work with you to the Lake House).*



# LOCATING YOURSELF... |

\*\* Ask yourself the question "Where" with relation to each of these categories.  
Ex. "Where are my thoughts at?" "Where the state of my body at?" etc... Be candid. Be honest.

where are my... Thoughts								
where are my... Emotions								
where is the state of my... Body								
where are my... Relationships								
where are my... Desires								



## LOCATING YOURSELF... |

Take a few minutes to consider 'where you are.' Invite God into this space.  
Write down any initial observations or feelings.

## | USE YOUR IMAGINATION...

Jesus used His imagination to paint word-pictures. Others used their imaginations to explain their soul's state: "a wineskin in the smoke" (Ps. 119:83) or even "a weaned child with its mother" (Ps. 131:2).

**Look at your location exercise and create a word-picture to describe the state of your soul.** *(For example: "It feels like I'm alone in a boat lost at sea" or "I'm in a busy train station")*

**In this picture, where do you think God is in relation to you?** Nearby? Far away?



# SINCE OUR LAST TRIP...

Last summer we talked about a balanced life being one that includes *Action*, *Play*, and *Space*. List the ways you've practiced each since last summer.

## Action

*Pursuing your unique mission and getting it done*

## Play

*Engaging in things that are life giving and fun*

## Space

*Intentional quiet and solitude*

**What do you notice?**

**Does anything need to change? If so, what?**

*\*\* Set a timer on your phone for just 3 minutes. Talk to God. Invite Him into the balance of your life. Don't skip this. Ask God what He thinks and what He wants for you.*



## PRESSING FORWARD... |

Has anything changed in your life since last summer?

What are your current life-rhythms?

## | YOU AT 65...

If you kept doing only the exact same rhythms and behaviors that you've done for the last 6 months, ***what kind of person will you be at age 65?*** Describe that man here:

How will \_\_\_\_\_ feel about this man?

[You] –

[God] –

[Your Family] –

What do you think your 65-year-old-self would want to say to your current self?







So throw off the bowlines.  
Sail away from the safe harbor.  
Catch the trade winds in your sails.  
Explore. Dream. Discover.