



ROUND One // PRE-WORK



The following pages...

... are designed to help us stop and reflect on where our journey has brought us thus far.

And to begin listening to what our stories are telling us for today.

We hope you'll find a couple hours in the coming weeks and days before the trip –

To find some *SPACE*.
Slow down. Stop. Listen.

And reflect in preparation for our time together in the mountains.

We pray your time will be rich.

Blessings on the journey,
the RHYTHM team



Fill out the following chart – answer the three questions on top for each category of your life. Be candid. Be honest.

	What's right?	What's wrong?	What's confused?
Personal			
Vocation			
Family			
Faith			



QUESTIONS... |

You could easily give a few shallow and trite answers... or you could really ask yourself, at a heart level. Let's dig deeper than we're used to...

Do you *really* believe God speaks to you?

How has He done it in the past?

How could you better practice listening to God?



List some things that you really love and speak deeply to you, and describe what about it connects with you...

What experiences in life have you had that have taken you to another level? (not just 'spiritual' experiences)...

What things in life cause your heart to race?



What dream(s) has God put on your heart? Write it down in detail and be ready to share it with the crew...



LISTENING TO THE LAST YEAR...

One
Year Ago



Today

A lot has happened in the last 12 months of your life and work. As you reflect on the last year, identify 10-15 key events or experiences that will help the group gain a sense of what it's been like to be 'you' this last year. What domain of your life did these events touch? Personal? Family? Vocation? Faith? On the chart above, write a caption that describes each experience. Place it above the line if it was positive; Place it below the line if it was painful. Record these as they happened sequentially throughout the year.

LISTENING TO THE RHYTHM OF YOUR LIFE... |

Things you have done or experienced in the past 5 years that:	
Have made you come alive...	Have brought little to no joy or life...
Common traits or themes?	Common traits or themes?
What do you find, out of these themes, that has been the MOST true of you? The essence of you in the last 5 years?	





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