



COMMUNITAS
—Nederland—

SACRED RHYTHMS COURSE

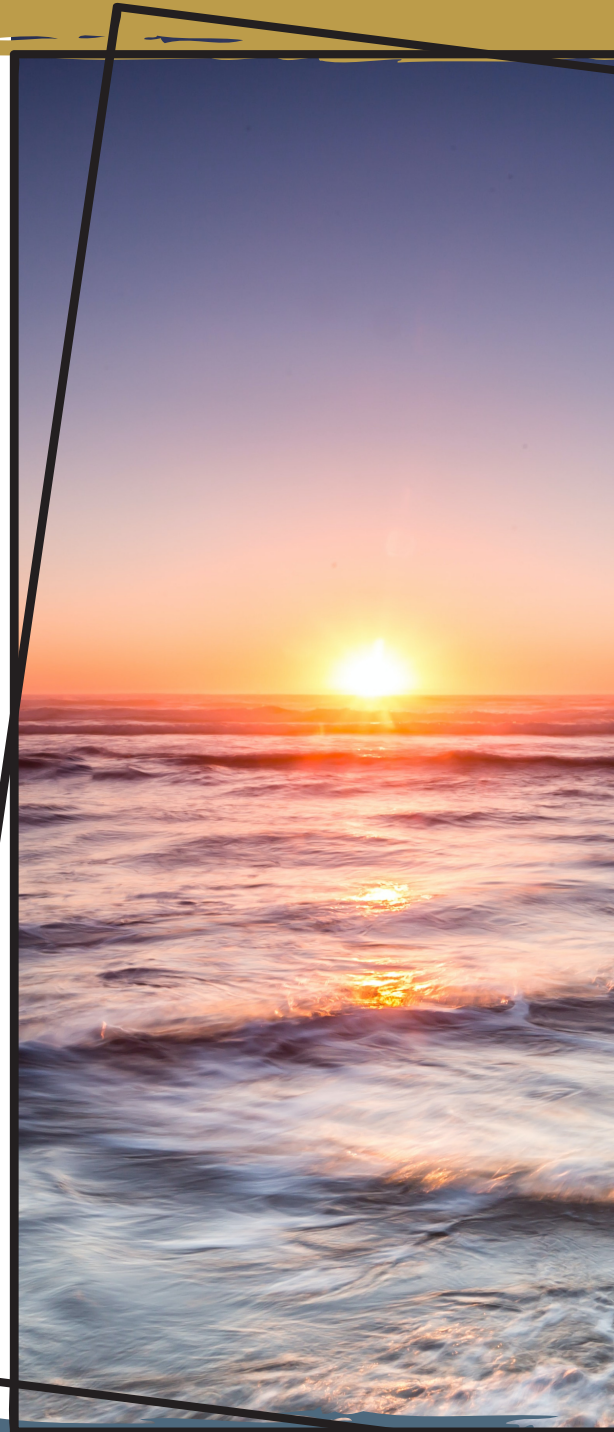
The Sacred Rhythms course explores the practices that spiritual seekers and disciples have used throughout history to grow closer to God.

In a similar way, the disciplines of the spiritual life are the basic components of the rhythm of intimacy that feeds the soul, keeping followers of Christ open and available to God's surprising initiative in their lives.

In this 6-week curriculum (using materials developed by Ruth Haley Barton), each session offers a short video teaching, group discussion, and ample time to practice and experience various spiritual practices which will hopefully help you to discover your own unique sacred rhythms.

Who is the course for and what topics will be covered?

See other side and find out.



TRANSFORMED LIVES
TRANSFORMED NEIGHBORHOODS
TRANSFORMED WORLD

If you have a desire to experience and incorporate life-giving spiritual practices into your everyday life, then the "Sacred Rhythms" course could be just what you are looking for.

This course will cover the following topics:

- 1) Desire: Longing for More in the Spiritual Life
- 2) Solitude and Silence: Creating Space for God
- 3) Lectio Divina: Encountering God in the Scriptures
- 4) Honoring the Body: Flesh and Blood Spirituality
- 5) The Examen: Bringing my Whole Self to God
- 6) A Rule of Life: Cultivating your own Sacred Rhythms

Participants will be required to purchase both the Sacred Rhythms book and the participant's guide (available from Amazon.nl). The course itself will be offered free of charge. Contact us to find out when we will be giving this course next or check our online calendar at www.gocommunitas.nl.

COURSE FACILITATOR

Jack LoMonaco – jacklomonaco@gocommunitas.org

Communitas International comes alongside the next generation of missional leaders worldwide, helping them to realize God's call on their lives to start, shape, and multiply missional communities. We've been doing this for the past 50 years and would love to come alongside you and fan into flame the work God is doing in you and through you.

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