

# Rhythms

## GUIDE FOR YOUTH LEADERS



TAKE ACTIONS AS A GROUP AS YOU GET STUCK INTO RHYTHMS.



ENGAGE YOUR GROUP THROUGHOUT THE WEEK.



NURTURE LASTING CHANGE AND EFFECTIVE CHARACTER FORMATION.



SIGN UP AT [RHYTHMS.ORG](https://rhythms.org)

[rhythms.org/youthleaders](https://rhythms.org/youthleaders)



tearfund

# BEFORE YOU BEGIN

## CONNECT THE DOTS

Justice is the soul of our story. It's the beating heart of a gospel in which God makes all things new. We believe that is not just a theme to cover once in a while, it's not just a value that means we give some money, maybe pray a bit, sign a petition, but then forget about it. We believe that it's about investing in rhythms that make the heart of the gospel beat in our everyday lives. It's about life with soul.

Rhythms is a great way to engage your group with everyday justice, connecting the dots between their lifestyle and the Jesus story. Sign your group up on the Rhythms website or app to help them take simple actions that will develop these rhythms in their lives and will create lasting change.

There are 100 possible actions that fall in the Connection, Advocacy, Contentment and Generosity Rhythms. Some are very easy, others more difficult. Some may have an impact on poverty but each one causes a change in us. As we each do them repeatedly, we haul God's dream for the world into reality.

## CONTENTS

4 ways to use Rhythms	2
Introduction Session	
The Rhythm of Contentment	
The Rhythm of Generosity	



Watch the Rhythms video at [vimeo.com/52534350](https://vimeo.com/52534350)

**“YOU ARE WHAT YOU REPEATEDLY DO”**  
– ARISTOTLE

## HOW TO CREATE A GROUP ACCOUNT

By using Rhythms' Groups function, you can provide a safe online space for your group to share the experience and it even introduces an air of competition! You could use it as a whole youth group or with individual cell groups. This feature allows users to create a group and see each others' actions, where you can also monitor their progress during the week.

### Here's how to set up your group account:

- Get yourself signed up at [rhythms.org](https://rhythms.org)
- Groups can be found in the top bar.
- Create a new group, giving it a name and some other details.
- Enter the email addresses of each member of your group (separated by commas) and click 'Create Group' to send the invitations.
- Once they've all accepted, you will see them appear in your group.





## THE RHYTHMS VILLAGE

The Rhythms Village ( [village.rhythms.org](http://village.rhythms.org) ) has loads more stories, ideas and inspiration to help you and your young people carry on this journey. Why not encourage your group to go and have a look and discover how other people are talking about these issues and living them out.

We'd also love to hear about your experiences of using Rhythms so please feel free to get in touch via the website. You could even encourage your group to take photos/videos of the actions you do together and send them too.

This is also a brilliant place to help you form new sessions on issues of justice. Delve into the pick'n'mix of films, quotes, resources, articles and stats as you plan new sessions.



Rhythms is an app to help your group build different rhythms into their lives.



It's broken into 30-day chunks to help you build real habits.



Users pick a 30-day rhythm and choose from a range of different actions.



Actions are done as part of normal everyday life.



Users mark completed actions and are rewarded with a growing tree.



**SIGN UP NOW AT RHYTHMS.ORG  
TO GET STARTED**

# 4 WAYS TO USE THESE SESSIONS GUIDES

## *Rhythms* **ONCE A MONTH**

Take one evening a month to introduce and explore each rhythm, taking the 30 days in between to practice that rhythm as a group. You may want to have a 'Rhythms Update' at the beginning or end of other weekly sessions to find out how people are getting on. Review the previous 30 days with a follow up session (Page) before moving onto the next session.

## *Rhythms* **FOUR WEEKS**

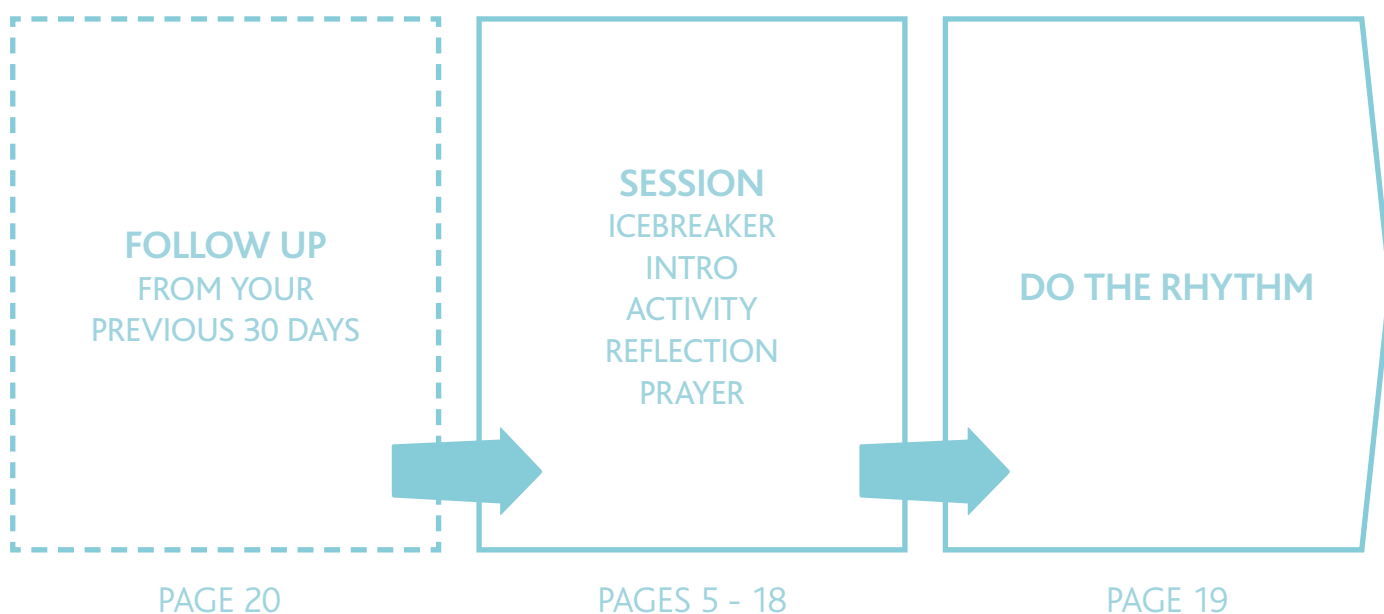
Run through every session in four consecutive weeks encouraging people to pick their Rhythm at the end of the four weeks.

## *Rhythms* **WEEKEND AWAY**

Spend a whole weekend exploring the themes in this pack and kick start your group's Rhythms journey with a bang. Revisit Rhythms in your regular youth group sessions.

## *Rhythms* **NOT SO FAST**

Pick and choose items from this pack and focus on introducing the idea of Rhythms. Then allow your group to get stuck in themselves in their own daily lives. Alternatively pick a single Rhythm session - this maybe an ideal way to link Rhythms to a seasonal theme such as Contentment or Generosity at Christmas or Connection around World Aids Day.



# THE RHYTHM OF CONNECTION

## ICEBREAKER: I'M A MUMMY!

Divide your group into teams and then ask them to choose one person to be their representative. The rest of the group should wrap that person up in toilet roll as well as they can. Bring all the toilet roll mummies together and ask them to complete a small obstacle course or series of challenges while trying to keep their wrapping intact. Other members in the groups should support their mummy with cheering and advice!

## INTRO: THE CATERPILLAR EFFECT

Get the young people to think back to when they were small children and ask them what their favourite games or activities were. Get some feedback and let the nostalgia flow! Ask if anyone used to do dot-to-dot puzzles, where you had to join a series of dots to see what the picture was before you could colour it in.

Explain that it's very possible for us to go through our lives just seeing our own dot, our own little bubble, and not realise how we connect to others in the big picture. Show the group The Caterpillar Effect film from the youth leader section of the Rhythms website.

Talk about the fact that we can become so self-obsessed in our own little world that life becomes all about us and we don't see how we impact others. This can become quite suffocating and can stifle how God wants to use us. Like the toilet roll mummies at the start of the session, when we're so bound up in our own concerns, our little cocoons, it can be difficult for us to move in the way we're actually meant to.

## YOU WILL NEED

- Toilet rolls
- The Caterpillar Effect film from the Rhythms website
- World map and sticky dots
- Paper, pens and post-it notes
- Newspapers
- Heart-shaped cut outs

# THE RHYTHM OF CONNECTION

## IN THE BIBLE: A LESSON FROM ISAIAH

Look together at Isaiah 58 v 1-7.

Read v 1-3a These verses seem to show us something of a problem between God and his people. God talks about his people being rebellious and yet they think they have rhythms of righteous behaviour such as fasting and seeking God on a daily basis. What's gone wrong?

Read v 3b-5 God explains to his people that their seemingly good activities mask rhythms of injustice and violence. They can't see that how they treat those they are connected to is just as important to God as the 'religious activity'. The stuff that they think they are doing right is not really what God is looking for.

Read v 6-7. God tells them exactly what he wants his people to do. He wants them to look around to see who they are connected to and allow their lives and decisions to positively impact those circumstances. He wants them to have a rhythm of justice in their behaviour.

Ask the young people how these verses relate to us today? Where might God see our lives having a rhythm of injustice woven through them?

**'IN THE UK, 1.6 MILLION CHILDREN ARE LIVING IN SEVERE POVERTY.'**  
– SAVE THE CHILDREN

## ACTIVITY: JOIN THE DOTS

Put the young people into groups and give them a copy of a world map (Tip: You can find a variety online and then print on to A3 paper to keep costs low). Give the groups sets of sticky dots. Ask them to look at the labels on their clothes and when they find the country where the item was made, stick a dot on that place on the map.

That was clothes, now what about food? Martin Luther King said, "Before you've finished breakfast this morning you'll have relied on half the world."

Give the groups the following list of food items to add to their map.

Chocolate – Ghana  
Coffee – Columbia  
Sugar – Malawi  
Bananas – St.Lucia

Tea – India  
Sugar snap peas – Kenya  
Lime - Brazil  
Sweetcorn - Thailand

Activity continued overleaf...

## THE RHYTHM OF CONNECTION

Once they have the dots from the clothes and food on the maps, ask them what they notice about the kinds of countries that are represented. For the most part, they will be in the developing world. Every day, through what we wear and what we eat, we are connected to some of the world's poorest people. Whether we're aware of it or not, we also have a rhythm of injustice that weaves its way through our lives.

We've joined the dots and established that we're connected to issues of poverty and injustice through our daily lives - so now what do we do with that connection? How do we make the connection count?

Ask the young people for their ideas of how they can use this connection for good. Make a list of ideas and add to it through this discussion. Encourage them to think specifically about how they shop eg. Buying Fairtrade goods, shopping in charity shops, but also the fact that they can ask for things to change.

If the local supermarket doesn't stock a Fairtrade item then you can write and ask them to do so. Perhaps the whole group could do this? If you want to know more about improving the garment industry, find out more about groups such as Labour Behind the Label ([www.labelbehindthelabel.org](http://www.labelbehindthelabel.org)) or the The Clean Clothes Campaign ([www.cleanclothes.org](http://www.cleanclothes.org)). The young people may come up with other brilliant ideas, encourage them to take action.

### REFLECTION: BROKEN HEARTS

---

If we really want to allow God's rhythms to shape our lives and to break out of our cocoons then we need to ask God to break our hearts for the world around us. Have a time of prayer to finish the session. Set up two different stations.

The first one should have the world maps from earlier, post it notes and pens. Get the young people to write prayers on the post it notes for the people that are represented by the dots, the people who made their jeans, grew the cocoa beans for their chocolate. Stick the post it notes on the map when they are done.

The second one should have pages from newspapers with both local and global stories, and some felt tip pens. Ask the young people to select a page, read the story and then write a prayer for that situation over the top or around the edge of the page.

# THE RHYTHM OF CONNECTION

## PRAYER: THE FRANCISCAN PRAYER OF DISCOMFORT

---

Spend some time in prayer, read the following Franciscan prayer to open or close your time together.

*May God bless you with discomfort at easy answers, half truths, and superficial relationships, so that you may live deep within your heart.*

*May God bless you with anger at injustice, oppression, and exploitation of people, so that you may work for justice, freedom and peace.*

*May God bless you with tears to shed for those who suffer from pain, rejection, starvation and war, so that you may reach out your hand to comfort them and to turn their pain into joy.*

*May God bless you with enough foolishness to believe that you can make a difference in this world, so that you can do what others claim cannot be done.*

*And the Blessing of God, who Creates, Redeems and Sanctifies, be upon you and all you love an pray for this day, and forever more.*

You may like to print small sheets of this prayer for the group to keep in their Bible or bags to reflect on through the week.



### Start Connection

If you're using this session to kick off the rhythm of connection with your group, follow the instructions on page 19 to conclude your session.



# THE RHYTHM OF ADVOCACY

## ICEBREAKER: GREETINGS

Explain that you're going to have a special time of greeting one another at the start of this session, with everyone going around shaking hands and saying hello to each other. Immediately beforehand, secretly select 2-3 people (more if your group is large) and spray a reasonable amount of perfume on their right hands. Make sure those people give a really good handshake to those they meet. Don't mention the perfume to anyone else – all will be explained during the session!

Gather the group and play a game of Chinese whispers with your group. Explain that it's a game involving careful listening and communicating.

## INTRO: WHAT IS ADVOCACY?

Explain the concept of advocacy is also all about careful listening and communicating. An advocate is someone who pleads on behalf of another. If we're going to plead on behalf of anyone we need to first stop and listen to their story.

Around the world there are people whose voices are not being heard – the poor and marginalised. We need to listen to what they are saying and use our voices to speak up on their behalf.

## YOU WILL NEED

Perfume  
Paper and pens

**'IF YOU ARE NEUTRAL IN SITUATIONS OF INJUSTICE, YOU HAVE CHOSEN THE SIDE OF THE OPPRESSOR.'** – DESMOND TUTU

# THE RHYTHM OF ADVOCACY

## IN THE BIBLE: SPEAK UP

Advocacy isn't just a good idea, it's a God idea. Look together at Proverbs 31 v 8 & 9

In groups ask the young people to come up with a list of who they think are included in these verses. Who cannot speak for themselves? Who is destitute? Who needs defending? Encourage them to think more specifically than 'the poor and vulnerable'. Are there situations or people they are aware of? How can we really listen to what they are saying?

God is asking us to be the ones who will speak up for these people. We're going to spend the rest of the session finding out how to do this.

## ACTIVITY: WHO HAS THE INFLUENCE?

In groups get the young people to make two lists, one for those who they consider have been most influential in history, and another of who they think are influential people today.

Then ask the group to look at the lists and decide what made or makes these people influential. Get some feedback from the answers.

Ask the young people if they think everyone has influence? Do they have influence?

At this point ask everyone to smell their right hand. Hopefully quite a few of the group will detect the faint smell of perfume. Tell them that earlier on in the session there were some among them having an influence on how their hands smelt, and they didn't even realise! We all can influence others with our passion and character if we choose to, sometimes in obvious ways and at other times in ways that are more subtle. Let's look at where we have influence and how we can use it to be an advocate.

# THE RHYTHM OF ADVOCACY

## REFLECTION: MY SPHERE OF INFLUENCE

---

Give each of the group a piece of paper and a pen. Then get them to draw a circle to fill the page, a smaller one inside it, and another smaller one inside that, with room to write between the circles. Explain that the smallest circle represents their personal influence, the middle one is their local influence and the largest one is their influence at a national level.

Ask them to write names in each of the circles of people who they think they have some influence with. Depending on the age range of your group they might need some prompting with the local and national influence. For a younger group you might want to do this collectively so you can help them discover their influence.

Personal – hopefully they will have at least said family and friends. Encourage them to see that if they are passionate about something then they can tell others about it. If they decide to fill in a petition or do a fundraising activity, they have a group of people who can get involved with them, and who may in turn start to care for these issues themselves.

Local – most of us just don't realise the impact we can have at a local level in raising awareness of justice issues. Local media are always looking for stories, particularly about young people who are doing something positive. And your local MP should be holding regular surgeries where you can raise issues important to your group (find your MP at [theyworkforyou.com](http://theyworkforyou.com)). Even closer to home than that is school. Why not encourage the young people to lobby their school to go Fairtrade, or ask to take an assembly on an issue they want to raise awareness of.

National – we may not be aware of it, but we live in one of the most open democracies on earth. Compared to most nations, our ability to influence government decision-making is huge. Even when we're not of voting age we can still speak up to our government and demand change for those who cannot speak for themselves. Organisations like Tearfund can enable you to maximise your influence by combining your voice with thousands of others in campaigns and rallies. They can also speak up to large companies and banks and ask them about their ethical policies.

Take the feedback in the three sections and help them to think through how they might use that particular sphere of influence to advocate for the poor, individually and as a group. Find out what campaign actions you can take as a group at [www.tearfund.org/campaigns](http://www.tearfund.org/campaigns)

# THE RHYTHM OF ADVOCACY

## PRAYER: JOIN OUR VOICES

---

Finish the session in prayer. You could stand in a circle, shoulder to shoulder, to represent that you intend to use your voices to stand shoulder to shoulder with the poor and needy. Ask God to help you, individually and as a group, to be an advocate for the poor.



### Start Advocacy

If you're using this session to kick off the rhythm of advocacy with your group, follow the instructions on page 19 to conclude your session.

# THE RHYTHM OF CONTENTMENT

## ICEBREAKER: LOGO QUIZ

Find a range of well-known company logos to turn into a quiz. You could either put them on a screen or cut them out from magazines and stick them around the room. Divide the young people into pairs and instruct them to complete the quiz together. When they've finished, run through the answers and award a prize for the winners.

## YOU WILL NEED

Logos for a quiz  
Paper and pens  
Magazine adverts

## INTRO: ALL I WANT FOR...

Depending on the time of year, ask your young people to write a list of what they'd like for Christmas, their birthday or, if it isn't near either, a shopping spree. When they've finished, ask them how many things they have on their list. Who has the longest? Is there anyone who has nothing on their list? Anyone who has been able to say "It's ok, I have enough, I don't want anything more."

Rockerfeller, one of the richest men who ever lived in America, was once asked "How much is enough?" He answered "Just a little bit more."

We are programmed to be discontent with what we have. Ask the group why they think this is.

**90% OF THE STUFF WE BUY ENDS UP AS  
WASTE WITHIN 6 MONTHS.  
– THE GREAT RECOVERY PROJECT**

# THE RHYTHM OF CONTENTMENT

## IN THE BIBLE: WANTING MORE

Look together at 1 Timothy 6 v 6-10 and Philippians 4 v 11 - 13

The verses in 1 Timothy have a serious warning in them – that if we're not careful our desire for more can have serious consequences. Greed has the potential to crush the life out of our desire for God.

Arthur Simon in his book *How Much is Enough?* says "The problem is not that we've tried faith and found it wanting, but that we've tried mammon (wealth) and found it addictive, and as a result find following Christ inconvenient."

We maybe don't think of ourselves as having a desire to be wealthy, but most of us have a desire for what wealth can bring us – fashionable clothes, music, nice food, the latest gadget, holidays – the list could go on and on.

The problem for the rest of the world is that the more we consume the more natural resources we use. This has an affect on the planet and people, especially those living in areas of poverty. Something needs to change.

How can we guard against the dangers of wanting more? In Philippians, what does Paul say is his secret of contentment? All we have comes from God and maybe if we spent more time thanking God for what we have rather than listening to the world telling us what we "need" we'd also learn the secret of contentment.

## ACTIVITY: ANALYSE THE ADVERTS

Divide the young people into groups and give them a selection of magazine adverts to look through, asking the question "What are the messages we are being told through this?"

(If you're doing this with a larger group you could put adverts up on a big screen, or use television adverts and ask the young people to talk about them.)

Get feedback and pull out the fact that we are constantly surrounded (in magazines, on tv, on billboards) by messages telling us that what we have isn't enough and we should want more. Adverts exist to make us discontent with what we have.

Ask the young people what kinds of lies they think adverts tell us. eg. If you smell like this you'll attract all the girls, you should be embarrassed of your phone and you need a new one, this car is what will bring you joy etc.

Our consumer culture wants us to want – and to want more, more and then some more.

# THE RHYTHM OF CONTENTMENT

## REFLECTION: ALL I WANT FOR...

Get the young people to turn over the page of their Christmas/birthday list and this time write a list of things they are thankful for.

We need to cultivate hearts that are thankful as part of learning how to be content. Ask the young people for their ideas of how they could be more thankful this coming week. Share the ideas and ask the group to each pick one that they want to do as an individual. If you're about to do the Contentment Rhythm, add the *Gratitudinal Action* and spend the rest of the week being thankful.

## PRAYER: ANALYSE THE ADVERTS

Make sure each person has one of the magazine adverts and invite them to write their own prayer of thanksgiving over the top of the advert.

Depending on how your group are used to praying, bring this time to an end by either praying yourself or allowing the group to share in an open time of prayer using some of the things they are thankful for.

Encourage the group to take away the earlier list of things they are thankful for and use it to form part of their prayers throughout the week, adding to it as they go.



### Start Contentment

If you're using this session to kick off the rhythm of contentment with your group, follow the instructions on page 19 to conclude your session.

# THE RHYTHM OF GENEROSITY

## ICEBREAKER: GOING TO MARKET

Play the game "I'm going to market" with your group. Sit in a circle and decide who will start. That person says "I'm going to market and I will bring you a \_\_\_" and they have to say something that begins with the same letter as their name. The second person does the same, says what they will bring and also what the person before them brought. Continue this around the circle until everyone has had a go. Obviously this will get more and more difficult as the game goes on – so if the last person manages it give them a huge round of applause.

(If your group is very large you might want to break into two or three groups to do this.)

## INTRO: EXPERIENCE GENEROSITY

Discuss with the group: If someone brought you all of those things from the market they would certainly be considered generous! (And maybe a bit odd, depending on what kinds of things were named!)

Ask if they've ever experienced generosity from someone? Get the group to share any examples they may have. Perhaps think of one yourself to get the ball rolling.

## YOU WILL NEED

Paper and pens  
Two bags of sweets  
Is This It? film from the Rhythms website and the means to show it to the group  
Bible  
Mini chocolate bars or sweets, strips of paper and elastic bands



# THE RHYTHM OF GENEROSITY

## IN THE BIBLE: A GENEROUS GOD

God has a lot to say about generosity in the Bible. Let's look at Deuteronomy 15 v 7 & 8, 10 & 11. This passage talks about people being either tight-fisted or open-handed, in other words, wanting to keep things for ourselves or wanting to share and be generous.

In groups ask the young people to discuss what stops us being generous. What kinds of things hold us back? Feedback some of the interesting answers.

When we recognise that everything we have is from God then it allows us to be thankful and it is easier to be open-handed and share what we have.

What do you have that you can share?  
Get the groups to discuss this and make a list, then get some feedback.

Ask the group what the difference is between sharing and generosity. Illustrate the point with a couple of bags of sweets. Open one bag and offer a sweet to one of the group, then put the bag away and keep the rest for yourself.

Then open another bag of sweets and offer one to another one of the group, then change your mind and offer them the entire bag.

Explain that it is very possible for us to share without being generous. Get the groups to look at their list again and see if they can maximise any of their ideas from sharing to generosity. Get some further feedback.

## ACTIVITY: IS THIS IT?

Show the film 'Is This It?' from the youth leaders section of the Rhythms website. After you've watched it, talk about the fact that we should be generous with all of our choices. Were there things in the film that they hadn't thought of already? (Using our time, voice, influence, gifts and skills.) Have a discussion about what it means to be generous with those things.

Who should we be generous to? We should be generous to all, but the Bible names particularly the poor. How can you as a group be generous to the poor and needy in your town or neighbourhood? Hopefully this will generate some great ideas that could lead to group activity at the end of your 30 days of the generosity rhythm.

**'DO YOUR LITTLE BIT OF GOOD  
WHERE YOU ARE; IT'S THOSE LITTLE  
BITS OF GOOD PUT TOGETHER THAT  
OVERWHELM THE WORLD.'**  
– DESMOND TUTU

# THE RHYTHM OF GENEROSITY

## REFLECTION: BE GENEROUS

---

Have two stations set up where the group can come and respond, Encourage them to visit both.

One area should have pieces of paper, pens and the verses from Deuteronomy 15 (see above) written out. Get the young people to draw around their open hand onto a piece of paper, write the verse around it and then write a prayer in the hand shape, asking God to help them become more open-handed and generous. If there are specific things in the discussion that they have been challenged to share they could make a note of those too. Ask them to take the paper away and put it up somewhere they can see for the next 30 days as they seek to grow in generosity.

The other area should be set up for put-pocketing. Put-pocketing is one of the most fun actions in the generosity rhythm and hopefully will whet their appetite for more! You'll need a bowl of sweets or mini chocolate bars, strips of paper, small elastic bands and pens. Invite them to write a message on the bit of paper – it could be something encouraging, a Bible verse or a prayer – then wrap it around the chocolate bar and secure with the elastic band. Instruct them to take it away and try and give it to someone without them knowing. It could be put in a school bag or shopping trolley, left on a desk or a door step, on a windowsill or pigeon hole! Encourage them to be creative but also to ask God who he might want to bless or where he might want them to leave it.

## PRAYER: ANALYSE THE ADVERTS

---

Wrap up the time of response with prayer.

---



### Start Generosity

If you're using this session to kick off the rhythm of generosity with your group, follow the instructions on page 19 to conclude your session.



# DEVELOPING YOUR RHYTHM

---



If your session is launching into a 30 day rhythm, using this section at the end of any of the four rhythm sessions will help you get set up for the coming month.

Explain to the group (if you haven't already done so) what the app is all about and how you'll be using it together - see 'Before you Begin' and the introduction video. If you haven't already formed the group account on the website/app, see 'How to Create a Group Account' (Page 2). If you're all doing the same Rhythm over the next 30 days, instruct the group to select this rhythm when they next come to visit the website/app.

If you have time it might be a good opportunity to look through a list of the actions from your chosen rhythm together to get them thinking about which they might like to do (Pages 22-25).

Share actions with each other on Facebook and Twitter and tell the world about each action after you've completed it.



# FOLLOW UP SESSIONS

---

Once your group reaches the end of one rhythm, take some time to reflect on the previous 30 days before moving onto the next. Here are some questions that may help:

What did you learn from doing this rhythm?

Were there some actions you found very easy / particularly challenging? Why?

What actions or habits do you think you will now continue doing because you started doing them during this rhythm?

Will it be easy or hard to keep doing some of the things you learnt?

Encourage the group to really consider this last question. The whole idea behind doing rhythms is that we allow these activities and actions to form our characters.





## FURTHER READING / WATCHING

---

If you'd like to do some more reading around these rhythms then we have some books we'd like to recommend:

Lift the Label – David Westlake & Esther Stansfield

L is for Lifestyle – Ruth Valerio

How much is Enough? – Arthur Simon

Freedom of Simplicity – Richard Foster

The Irresistible Revolution – Shane Claiborne

Generous Justice – Tim Keller

Concrete Faith – Matt Wilson

The Road to Peace – Henri Nouwen

The Good Campaigns Guide – Tess Kingham & Jim Coe

Consumer Detox – Mark Powley

Less is More – Brian Draper

The Story of Stuff – <http://village.rhythms.org/professor/storyofstuff/>

Hope on the Horizon – <http://village.rhythms.org/square/hope-on-the-horizon/>



# ACTIONS: CONNECTION

The Water Challenge	Step into the shoes of half the world and live on 10 litres of water a day for a week.
Transform Connection	Spend anywhere between 2 weeks and 6 months overseas working alongside local churches in poor communities.
Sleep on the Floor	Spend a week sleeping on the floor in solidarity with the 150 million street children in the world who don't have a safe place to sleep.
Just People?	Expand your view of faith and the world by doing our Just People? course with your group.
The No Slumber Challenge	Complete this group challenge and open your eyes to the way of life for millions of children around the world.
Put it in Perspective	What if the world's population were reduced to 100 people? Find out at <a href="http://www.miniature-earth.com">www.miniature-earth.com</a>
News Savvy	Spend five minutes reading international headlines and articles from a news site.
Local Steps	Prayer walk with some friends. Pray for the issues that affect your community.
Storyboard Connection	Watch or read a different story about people living in poverty each day for five days.
Don't Forget to Remember	Choose a regular reminder that prompts you to pray for people living in poverty. Use it for a week.
Screensaver	Change your computer screensaver to an image that provokes you to remember people living in poverty.
300 Million Go Shoeless	Organize a sponsored barefoot activity. Write the stat in your shoes: 300 million children go shoeless each day.
Fashion the Map	Where do your clothes come from? Check the labels and mark the countries on a world map.
Broken Heart	Set up a prayer space and ask God to break your heart for the reality of people living in poverty around the world.
Discomfort Prayer	Meditate on the Franciscan Prayer of Discomfort. Make a note of the bits that challenge or inspire you.
Time for a Sandwich	Spend some time talking with a homeless person. And while you're at it, offer to buy them a sandwich.
Challenge your Prejudice	Challenge your prejudice. Read and reflect on our series of posts on prejudice every day through a week.
Keep Someone Company	Spend an hour with someone in your community who you know is lonely.
Open Your Eyes	Take a picture of somewhere in your community that you've never paid attention to before and set it as your phone wallpaper every day for a week.
Take it Personally	Read and reflect on Isaiah 58. What does 'loosing the chains of injustice' mean in your world?
Bake a Cake	Bake some cakes and take them around to your neighbours. Get to know what's going on in your community.
Write The Wronged	Write a letter to, or on behalf of, someone wrongly imprisoned for their beliefs.
Find Out Why	Meet up with two people from your local church who run community projects in your local area on and ask them why they do what they do.
Inspect your Theology	Watch one of our Jesus the Revolutionary Bible-teaching films. Reflect on how you can bring Jesus' revolution to your world.
Read This	Read on of our selection of books on building a rhythm of connection



# ACTIONS: ADVOCACY

Bought a Fairtrade Beansprout?	Buy a Fairtrade product you've never bought before.
Meet your MP	Go with friends or family to meet your MP. Speak to them about a justice-related issue.
Fight for Fairtrade	Start a campaign to get your school, college, uni, workplace or church to go Fairtrade.
Hunger Banquet	Organise a hunger banquet. Invite some friends round for a meal and divide the food between you so some get a lot and some get little.
Transform Advocacy	Spend anywhere between 2 weeks and 6 months overseas working alongside local churches in poor communities.
Wake Up and Smell the Coffee	Ask your favourite coffee shop to stock Fairtrade coffee.
Boiling Point	Stick a note on a communal kettle reminding people only to boil the water they need.
What Are You Investing In?	Write to your bank about your concern for fair banking and ask them to send you a copy of their ethical policies.
Spread the Word	Persuade five other people to take a campaign action.
A Fair Ten	Replace 10 items in this weeks shop with Fairtrade alternatives.
Put Pen to Paper	Write a handwritten letter to a person of influence to advocate for a justice-related cause.
Poverty Petition	Collect at least 50 names on a poverty-related petition.
Facebook for a Change	Post a fact about a justice issue as part of your Facebook status every day for a week.
Money Matters	Write a fact about poverty on a bank note to raise awareness of financial inequality in our world. (Note: be careful where you write)
Pass on Passion	Meet with your church leader and make them aware of a justice poverty issue you are passionate about.
Be The Voice	Set up a blog and become the voice of a justice/ poverty issue that you are passionate about.
Make Some Noise	Get your local media to run a piece about one of the actions that you have done. For example, if you have done the water challenge, or sent a signed toilet seat to your MP, make some noise about it!
Five Chances for Change	Sign a different campaign or petition every day for five days.
Meet the Media	Set up a meeting with someone from your local press to talk about justice and poverty issues in your local area.
Eat Fully Fair	Eat only Fairtrade products for a whole day.
Send a Seat	Send a signed toilet seat to your MP to raise awareness of water and sanitation injustice.
Turn the Lights On	Get you school, college, uni, workplace or church to switch to a green electricity supply. We recommend Ecotricity.
Read This	Read one of our selection of books on building a rhythm of advocacy
Take it Personally	Read and reflect on Prov 31:1-8. How can you speak up for those whose voices cannot be heard?
Free2Work	Use the Free2Work smartphone app during a clothes shopping trip. Scan barcodes to see whether manufacturers have strong anti-trafficking policies.



# ACTIONS: GENEROSITY

Text Your Coffee	Choose not to buy a cup of coffee from your favourite coffee shop and text donate 3 quid instead.
Clean Up Your Community	Walk through the shared spaces in your neighbourhood with a rubbish bag and pick up the rubbish.
Transform Generosity	Spend anywhere between 2 weeks and 6 months overseas working alongside local churches in poor communities.
Find Five	Write a list of five people and commit to praying for them every day for a week.
What's the Big Issue?	Buy a Big Issue and make the effort to talk to the seller.
Twin Your Toilet	Twin your toilet through <a href="http://www.toilettwinning.org">www.toilettwinning.org</a> and help bring good sanitation and health to a poor community.
Surprise!	Surprise someone with a Fairtrade gift.
Like it? Have it?	If someone tells you they like something you own, offer it to them for free.
Raise For Life	Give your time and energy and complete a fundraising project for a poverty-related cause.
Find Your Inner Chef	Cook up a big meal and invite lots of people to share it with you.
Give Your Time	Volunteer two hours with a church or charity project in your local community.
Put Pocketing	Write out encouraging things on pieces of paper, wrap them around a sweet and try to give them to people without them noticing. Upload your videos to the Village!
Declutter	Go through all your possessions and give the stuff you don't need to charity.
Door Day	Every time you go through a door today, hold it open for someone else too.
Build a Budget	Use Stewardship's budget builder to work out how much you spend every month and cut it by 10%. Give that money to charity.
Make Amends	Make amends with someone who you've hurt or lost contact with. It could be a phone call, an email, text or letter.
Give an Hour	Offer to do an hour of cleaning a week at your local church/ community centre/ school/ nursing home with a couple of friends.
Time for Tea	Today be the first to offer to make drinks for people at work or at home.
Do It Yourself	Go through your home and look for any little jobs that need to be done. Are there any burnt-out light bulbs? Does the floor need to be hoovered? Find three tasks you can do and do them!
Trade Your Fave	Organise a clothes swap with some friends. Take along at least one item that you really like.
Tithe Your Spending	Read one of our selection of books on building a rhythm of generosity.
Read This	Read one of our selection of books on building a rhythm of generosity.
Take it Personally	Read and reflect on Matt:16:25. What does it mean to save your life and to lose it?
See for Yourself	Invest in a poor community and journey with Tearfund's partners as change begins to happen.
Free2Play	Use your freedom so that others can live free. Every time you do something you love, make a donation to help support people who have been trafficked





# ACTIONS: CONTENTMENT

Button Your Lip	Spend a whole day in silence and challenge your pace of life. Make space to engage with God.
Go Veggie for a Day	Eat less meat. Go vegetarian for a day.
The Rice & Beans Challenge	Dip your toes into the shoes of the world's 1 billion hungry people and spend a week with less food and less variety.
Fast for Freedom	Go without food for a day. Use the experience of what you don't have in that moment to remember those who go hungry for days.
Transform Contentment	Spend anywhere between 2 weeks and 6 months overseas working alongside local churches in poor communities.
Fix It	Fix something that's broken instead of chucking it out.
Find Yourself	Where do you rank on the global rich list?
Thank You Letter	Make a list of everyone you can be thankful for. Write to each of them to say thank you.
Try Life Without TV	Give up TV and/or video games for a week. Use the time to hang out with people.
Not Just For Old Ladies	When you want to buy a new item of clothing, try to find something in a charity shop first.
Strip Down	Be content with your identity and don't wear any of your brand clothes for a week.
Gratitudinal	Spend a week being thankful. When you pray you are only allowed to pray thank you prayers
Lock Up Your Wallet	Buy nothing for a day. Take the time to thank God for what you already have.
Hand Wash Only	Wash your clothes by hand for a week, and hang them out to dry. Remember those 1.6 billion people who do not have electricity and those who don't have access to running water.
Facebook Fast	Fast from social media for a week and be content without always being in the know.
Try Second-Hand	The next time you want to buy a book, a CD, a DVD, or a video-game, save natural resources and buy them second hand.
Save the Trees	Be content with less and cut down on your paper waste. Unsubscribe to a magazine or catalogue that you never read.
Make a Meal of it	Plan your meals and eat your leftovers for a whole month - and aim to throw away 1/3rd less food waste.
Take it Personally	Read and reflect on Philippians 4:11-12. Why does consumer culture always make us want something more, better, or different?
Value your Stuff	Don't take your possessions for granted. Every day acknowledge what just one object means to you and how it improves your life.
Power Down	Power down. Have a technology-free day. It cuts carbon and gives you space.
Cut the Noise	Limit yourself to only listen to a single song played just once today and do the same each day this week.
Promise of Life	Read one of our selection of books on building a rhythm of contentment
Walk, Bike or Bus	Use less fossil fuel and make one of your regular journeys by foot, bike, or public transport for a whole week.
Read This	Read one of our selection of books on building a rhythm of contentment

# rhythms.org

Sign up at [rhythms.org](https://rhythms.org) to choose your first actions

## tearfund

[www.tearfund.org/rhythms](https://www.tearfund.org/rhythms)

100 Church Road, Teddington, TW11 8QE

Challenge House, 29 Canal Street, Glasgow G4 0AD

Tŷ Catherine, Capel Cildwrn, Llangefni, Ynys Môn LL77 7NN

Rose House, 2 Derryvolgie Avenue, Belfast BT9 6FL

[enquiries@tearfund.org](mailto:enquiries@tearfund.org) 0845 355 8355

Registered Charity No. 265464 (England and Wales)

Registered Charity No. SC037624 (Scotland)

[www.tearfund.ie](https://www.tearfund.ie)

Tearfund Ireland, Ulysses House, 22-24 Foley Street, Dublin 1

[enquiries@tearfund.ie](mailto:enquiries@tearfund.ie) 01 497 5285

Registered Charity No. CHY 8600



Available on the  
**App Store**