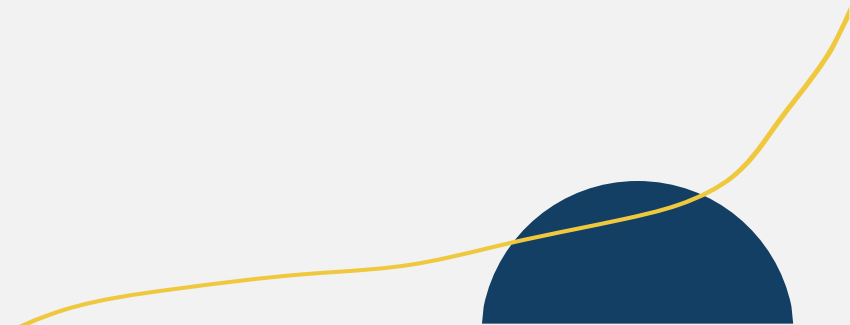




TILLING THE SOIL FOR GOSPEL GROWTH





After this I looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands. They cried out in a loud voice, saying,

'Salvation belongs to our God who is seated on the throne, and to the Lamb!'

—Revelation 7.9-10

Canadian Monthly Religious Attendance

2024

- 18 - 34 **21%**
- 35 - 54 **19%**
- 55+ **15%**

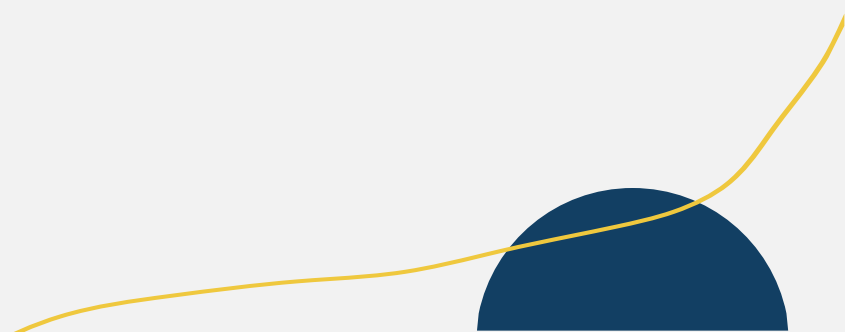
SOURCE: ANGUS REID INSTITUTE & CARDUS

Why Gen Z Is Leading A Religious Resurgence

CTV

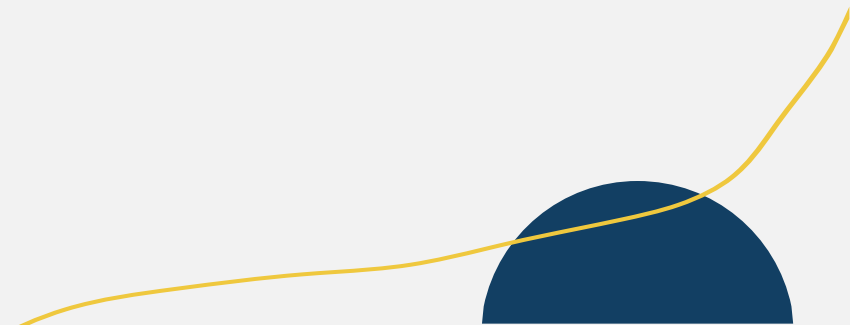


Discuss!

- 1) Who planted your parish?
 - 2) One thing of life or joy in your parish right now?
- 



1. Biblical Touchstones
2. Implements for Tilling
3. Vision for Growth
4. Raising Up Leaders



The logo for St. Paul's Bloor St. is a yellow circle containing a black cross symbol and the text "St. Paul's Bloor St." in white. A decorative yellow vine with leaves and flowers arches over the logo from the top left.

BIBLICALLY GROUNDED

So, faith comes from what is heard, and what is heard comes through the word of Christ.

—Romans 10.17

A decorative graphic in the bottom right corner consisting of a dark blue semi-circle and a yellow curved line that starts from the right edge and curves upwards and to the left.



"I conceive a strip-miner to be an exploiter, and as a model nurturer I take the old-fashioned idea of the farmer. The exploiter is a specialist, an expert and the nurturer is not. The standard of the exploiter is efficiency, the standard of the nurturer is care.

The exploiter's goal is money, profit, the nurturers goal is his lands health, his own, his family's, his community's. Whereas the exploiter asks of a piece of land only how much and how quickly it can be made to produce, the nurturer asks a question that is much more complex and difficult: What is it's carrying capacity?"
The exploiter thinks in terms of number, quantities, "hard facts"; the nurturer in terms of character, condition, quality, kind."

—Wendell Berry (b. 1934)

The logo for St. Paul's Bloor St. is a yellow circle containing a black cross symbol and the text "St. Paul's Bloor St." in white. It is surrounded by a decorative yellow vine with leaves and flowers.

BIBLICALLY GROUNDED

I planted, Apollos watered, but God gave the growth.

—1 Corinthians 3.6

A decorative graphic in the bottom right corner consisting of a yellow curved line and a dark blue semi-circle.



BIBLICALLY GROUNDED

Repent therefore and turn to God, so your sins may be wiped out.

—**Acts 3.19**

If my people who are called by my name humble themselves, pray, seek my face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

—**2 Chronicles 7.14**





BIBLICALLY GROUNDED

Jesus put before them another parable: 'The kingdom of heaven may be compared to someone who sowed good seed in his field; but while everybody was asleep, an enemy came and sowed weeds among the wheat and then went away. So, when the plants came up and bore grain, then the weeds appeared as well. And the slaves of the householder came and said to him, "Master, did you not sow good seed in your field? Where, then, did these weeds come from?"

He answered, "An enemy has done this." The slaves said to him, "Then do you want us to go and gather them?" But he replied, "No; for in gathering the weeds you would uproot the wheat along with them. Let both of them grow together until the harvest; and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn.'"

—**Matthew 13.24-30**



Discuss!

- Which of the 4 Biblical touchstones is most relevant for your parish right now?
- 



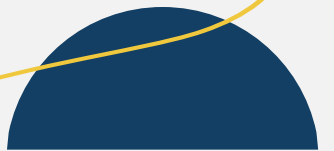
RHYTHM OF LIFE

5 ancient spiritual practices that we believe
will make us more like Jesus.



RHYTHM OF LIFE WORKSHOP

A step-by-step guide to building a
transformative spiritual rhythm





WELCOME AND GOALS

- Part 1: Why have a Rhythm of Life? What is it? Where does it come from?
- Part 2: Identify our own rhythms
- Part 3: Build a transformative spiritual rhythm



PART 1:
**WHAT IS THE RHYTHM OF LIFE—
AND WHY DO WE DO IT?**



WHAT IS THE RHYTHM OF LIFE?

The Rhythm of Life is a way of orienting our entire lives around Jesus Christ as Lord and teacher.

- A framework for **practical discipleship** (learning from and following Jesus)
- Based on **five spiritual practices** that have nourished Christian life for centuries: **worship, prayer & study, service, generosity, and faithful living**
- **Adapted for our context**



WHERE DID THE RHYTHM OF LIFE COME FROM?

The Rhythm of Life is a way of **putting our belief into practice** that is:

- **Biblically grounded**
- **Time-tested** by spiritual practitioners



BIBLICALLY GROUNDED

All who believed were together and had all things in common; they would sell their possessions and goods and *distribute the proceeds* to all, as any had need. Day by day, as they spent much time *together in the temple*, they broke bread at home and ate their food with glad and *generous hearts, praising God* and having the *goodwill* of all the people.

—Acts 2.44-47





TIME-TESTED

Every Christian man or woman should from time to time frame for himself a *RULE OF LIFE* in accordance with the precepts of the Gospel and the faith and order of the Church; wherein they may consider the following:

The regularity of their attendance at public worship and especially at the holy Communion.

The practice of private prayer, Bible-reading, and self-discipline.

Bringing the teaching and example of Christ into their everyday life.

The boldness of his spoken witness to their faith in Christ.

Their personal service to the Church and the community.

The offering of money according to their means for the support of the work of the Church at home and overseas.

—**Catechism of *The Book of Common Prayer***



A RHYTHM FOR ST. PAUL'S

WORSHIP

Resting weekly from work to join in the public worship of the church.

PRAYER & STUDY

Praying and reading the Bible daily and gathering regularly to do the same with others.

SERVICE

Offering our time to the church and to our local community.

GENEROSITY

Giving as we can to support the church and other community needs locally and abroad.

FAITHFUL LIVING

Bringing the teaching and example of Jesus into all parts of our everyday lives and sharing honestly about our faith.



WORSHIP

Resting weekly from work to join in the public worship of the church.

- Sunday services:
 - 8:15am Book of Common Prayer
 - 9:30am Contemporary
 - 11:15am Classic
 - 4:30pm @ St. George's Grange Park
- Tuesday 12:10pm Eucharist
- Online Compline



PRAYER & STUDY

Praying and reading the Bible daily and gathering regularly to do the same with others.

- Connect Groups
- Daily Prayer booklet
- Community Bible Study
- Alpha course
- Turning to Christ class





SERVICE

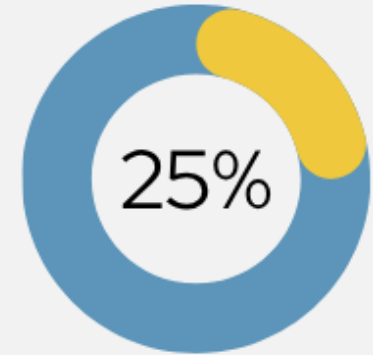
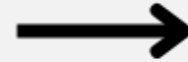
Offering our time to our church and our local community

- Sunday worship
- ESL Café
- Refugee Committee
- Kids and Youth Ministry
- Alpha host/helper

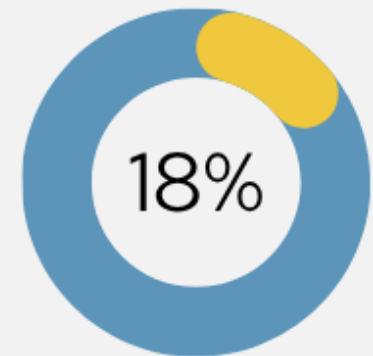
ALL-IN SUNDAY

1162 TOTAL
ACTIVE
MEMBERS

290
TOTAL SUNDAY
VOLUNTEERS



210
SERVING AT
LEAST ONCE
PER MONTH





GENEROSITY

Giving as we can to support the church and other community needs locally and abroad.

- Pre-Authorized Giving
- Offering in service/boxes
- Advent Ask
- Coldest Night of the Year
- Backpack Drive



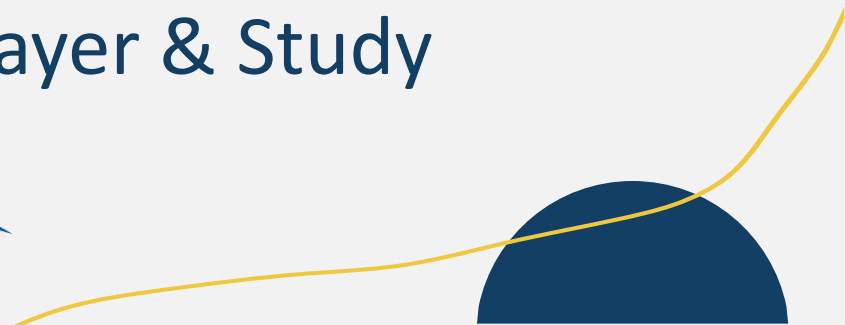
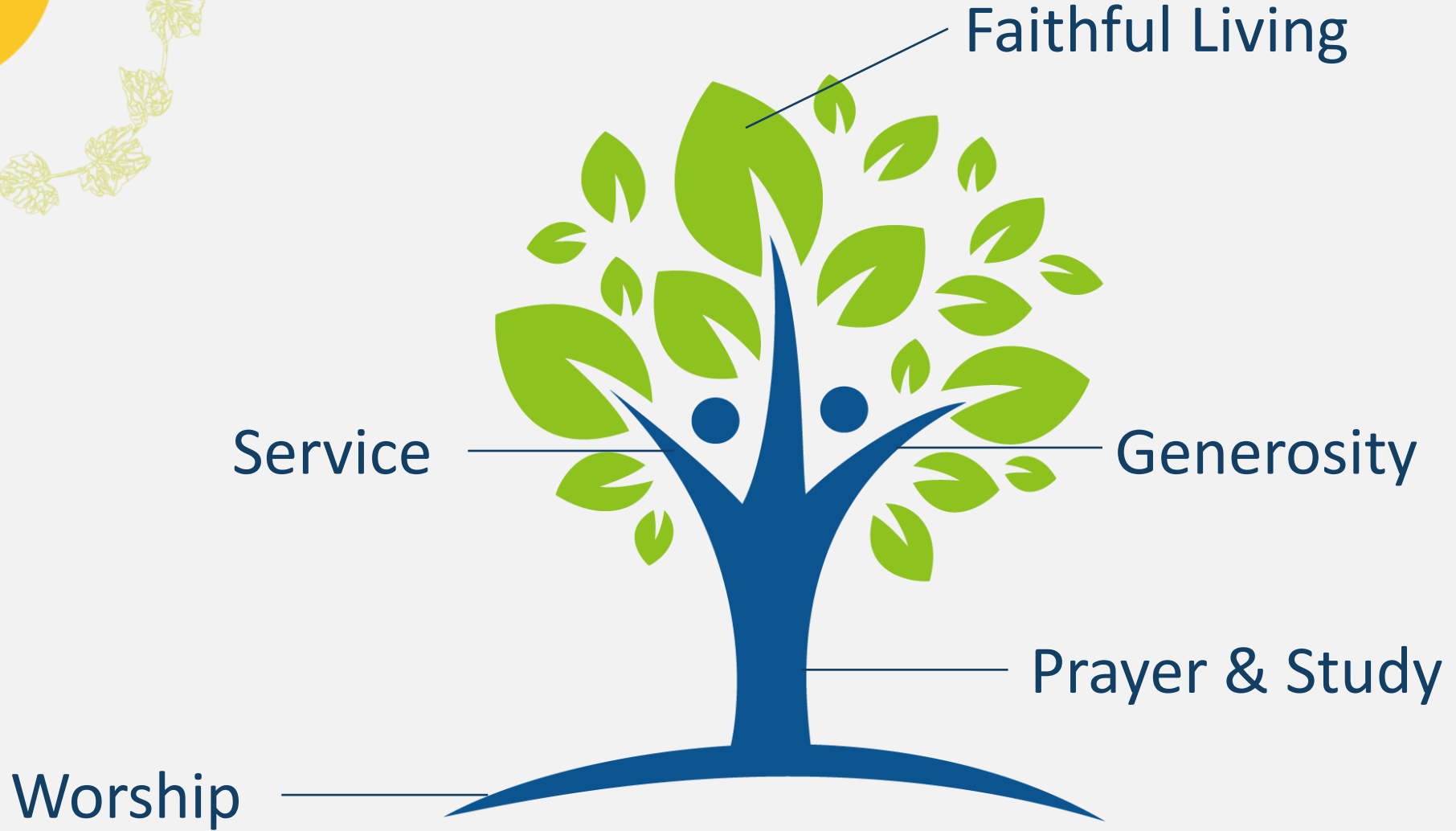


FAITHFUL LIVING

Bringing the teaching and example of Jesus into all parts of our everyday lives and sharing honestly about our faith.

- Living like Jesus
- Talking about Jesus
- Invite to worship
- Invite to Alpha

A UNIFIED RHYTHM





PART 2: IDENTIFYING OUR CURRENT RHYTHMS

TERESA

- 37 years old
- Divorced single mom with two daughters
- Administrator at bank
- Raised Christian but hasn't been to church since she was a kid and doesn't feel confident in her knowledge of faith, Bible, etc.
- In recovery, just celebrated 6 months sober
- Looking for a place to find the higher power
- Recently diagnosed with ADHD, neurodivergent

Weekly - Monthly

Sunday

11am - church
(kids in cm/ym)
greet 1x/monthly

Monday

DivorceCase @ SPBS
AA meeting - 12pm

Tuesday

Therapy

Wednesday

Alpha (+CQ?)

Thursday

AA meeting - 8pm

Friday

Saturday

Weekly

every other wkend
- time w/kids

pray for ex

give @ church

take out neighbour's
trash bins

Monthly

RAG

Daily

Say Lord's Prayer before breakfast
read Daily Prayer Bible reading on
morning TTC ride

Say quiet grace before dinner

Call sponsor

Yearly

check in w/Tiffany a few
times

Faith at Home class



WORSHIP
PRAYER & STUDY
SERVICE
GENEROSITY
FAITHFUL LIVING

ADAKU

- 33 years old
- Raised Anglican in Nigeria but never had a personal faith
- Came to Toronto for MBA and stayed to work
- Lonely -- in search of community
- Starting to feel the appeal of her childhood faith
- Very politically active, concerned about justice causes

Weekly - Monthly

Sunday
Church - 9:30

Connect Group

Monday

Tuesday

Wednesday

Alpha
Thursday

YA (biweekly)

Friday

Saturday

Weekly

Facetime w/family
back home

Gym 3-4x/week

Monthly

1%
Give 1% of pay
to church

Hang out w/
other YAs from
church

Political activist
group - Amnesty
Int'l volunteer

Daily

Quick prayer when she wakes up + goes
to sleep

Read her Bible at breakfast

Yearly

Considering being a greeter -
working up the courage
Write work friends to church

Donate to Greenpeace



WORSHIP

PRAYER & STUDY

SERVICE

GENEROSITY

FAITHFUL LIVING

SEAN

- 23 years old
- 1st year grad student at U of T
- No faith background
- Mother died suddenly, Google search led him to SPBS GriefShare class
- A little weirded out and totally unconvinced by all this Jesus stuff...but also intrigued

Weekly - Monthly

Sunday

8¹⁵ church (2x/mo)

Monday

Tuesday

Wednesday

Thursday

YA events (sometimes)
Friday

Saturday

Weekly

Pray for his mom

Work on reading his Bible that he got from church

Monthly

give \$5 at church

Daily

Say the Lord's Prayer (some days)

Memorize the Lord's Prayer

Moderator for online grief support discussion board

Try to be kind to super-annoying classmate who God supposedly loves too

Yearly

Make appointment w/pastor to learn @ faith



WORSHIP

PRAYER & STUDY

SERVICE

GENEROSITY

FAITHFUL LIVING



TABLE WORK: WHAT'S MY RHYTHM?

How do I live right now?

Using the five spiritual practices as categories, fill out your calendar with what your rhythm currently includes.

- Daily
- Weekly
- Monthly
- Yearly



PART 3:

BUILDING A TRANSFORMATIVE SPIRITUAL RHYTHM



TABLE WORK: WORSHIP

Resting weekly from work to join in the public worship of the church.

- Which weekly worship service will I commit to attending?
- When I am unable to attend St. Paul's, how will I join the people of God in worship? (Another service, online, another church, etc.)

SPBS resources for Worship:

- Sunday AM services: 8:15, 9:30, 11:15
- Tuesday Eucharist
- Online Compline



TABLE WORK: PRAYER & STUDY

Praying and reading the Bible daily and gathering regularly to do the same with others.

SPBS resources for Prayer & Study:

- Connect Groups
- Daily Prayer booklet
- Community Bible Study
- Alpha course
- Turning to Christ class

- How will I pray on a daily basis? (Lord's prayer, table grace, Daily Prayer, quiet time, breath prayer, etc.)
- How will I encounter Scripture on a daily basis? (Daily Prayer lectionary, Bible in One Year, Bible reading plan, etc.)
- How will I pray and study Scripture with others? (Connect Group, CBS, etc.)



SPBS resources for Service:

- Sunday worship
- ESL Café
- Refugee Committee
- Kids and Youth Ministry
- Alpha host/helper
- Other church opportunities

TABLE WORK: SERVICE

Offering our time to our church and our local community.

- How will I give my time in church?
- How will I give my time in my community?
- How can I steward my time so that I am better able to serve?



TABLE WORK: GENEROSITY

Giving as we can to support the church and other community needs locally and abroad.

SPBS resources for Generosity:

- Pre-Authorized Giving
- Advent Ask
- Coldest Night of the Year
- Backpack Drive

- How will I financially support my church? (amount, method, frequency)
- How will I financially support my community?
- How can I cultivate habits of generosity in my daily life?



TABLE WORK: FAITHFUL LIVING



Bringing the teaching and example of Jesus into all parts of our everyday lives and sharing honestly about our faith.

- What one thing will I focus on to live and love more like Jesus did?
- What one thing will I do to tell people about Jesus?
- Who am I praying for?

NEXT STEPS

1. Block out a time when you can quietly reflect on your own commitments.
2. Using your notes, write out one or two sentences to construct your own "Rhythm of Life" that covers all five practices. Print it and put it somewhere visible.
3. Test your Rhythm for one month, then make any necessary changes.
4. Commit to following your Rhythm for a set time (3-12 months) and commit to check in with a Christian friend or pastor to stay accountable to your goals and rhythms.
5. Pray for the Holy Spirit to fill you and empower you to live out your rhythm.





DAILY PRAYER GUIDE





KINGDOM COME

Heal Our Land

An evening of repentance, seeking God's face, and praying for revival in Toronto.

March 5 | 7 pm
Ash Wednesday
St. Paul's Bloor Street

HOSTED BY:

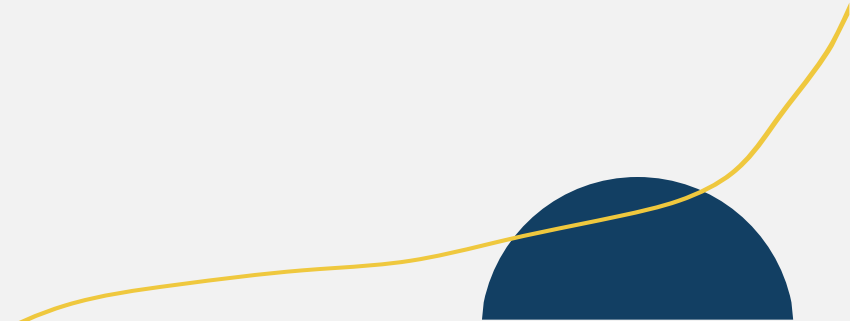


IN PARTNERSHIP WITH:



KINGDOM COME

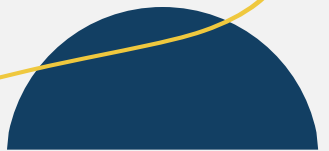






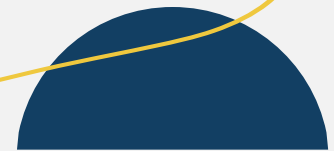
ALPHA





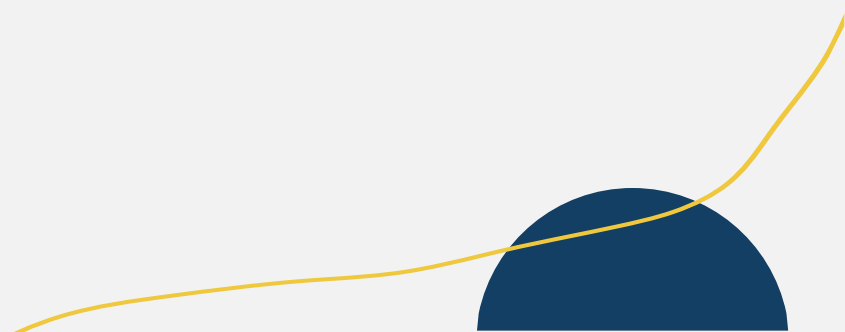


TURNING UP THE SPIRITUAL DIAL



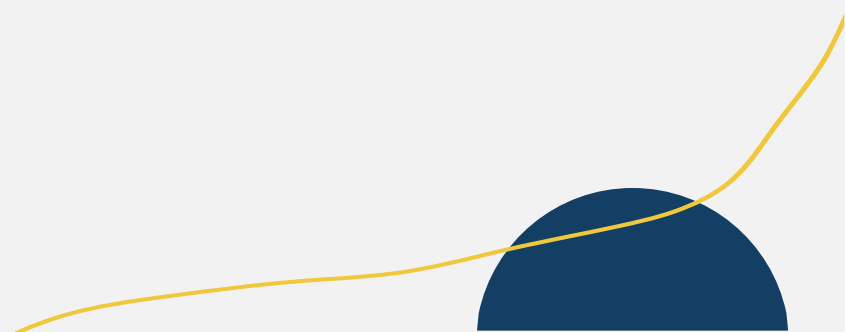


Discuss!

- + Which aspect of the Rhythm of Life do you think would have the biggest impact in tilling the soil in your parish?
 - + What click on the thermostat might you be called to?
- 



TILLING THE SOIL FOR GOSPEL GROWTH






MISSION ACTION PLANNING



Learn more at:
sheffield.anglican.org/support/for-churches/mission-action-planning/



Discuss!

- + Share why or why not you think a MVV in some form would be helpful for tilling the soil in your context.
- 



MISSION

+ Our mission is to invite the people of Toronto to encounter Jesus, learn to follow him, and join in his mission.

VISION

+ We envision a growing family of neighbourhood churches alive with the power of God for the good of Toronto.

VALUES

+ Spacious Hospitality | Alive in Jesus | Generosity | Missional Innovation | Multiplication





ST. PAUL'S 10-YEAR FUTURE



DEEPENING
PRAYER



GROWING
YOUNG



DEVELOPING
LEADERS



BUILDING
CAPACITY



PLANTING
CHURCHES



TRANSFORMING
NEIGHBOURHOODS

MISSION

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VALUES

- Spacious hospitality
- Alive in Jesus
- Generosity
- Missional Innovation
- Multiplication

A VISION FOR 2035

4 + NEIGHBOURHOOD CHURCHES

Led by St. Paul's, serving local communities with vibrant worship, intentional discipleship, and outreach.

RAISING EMERGING GENERATIONS

Kids, youth, and students engaged through strong, invitational programs and community relationships.

RAISING & SENDING LEADERS

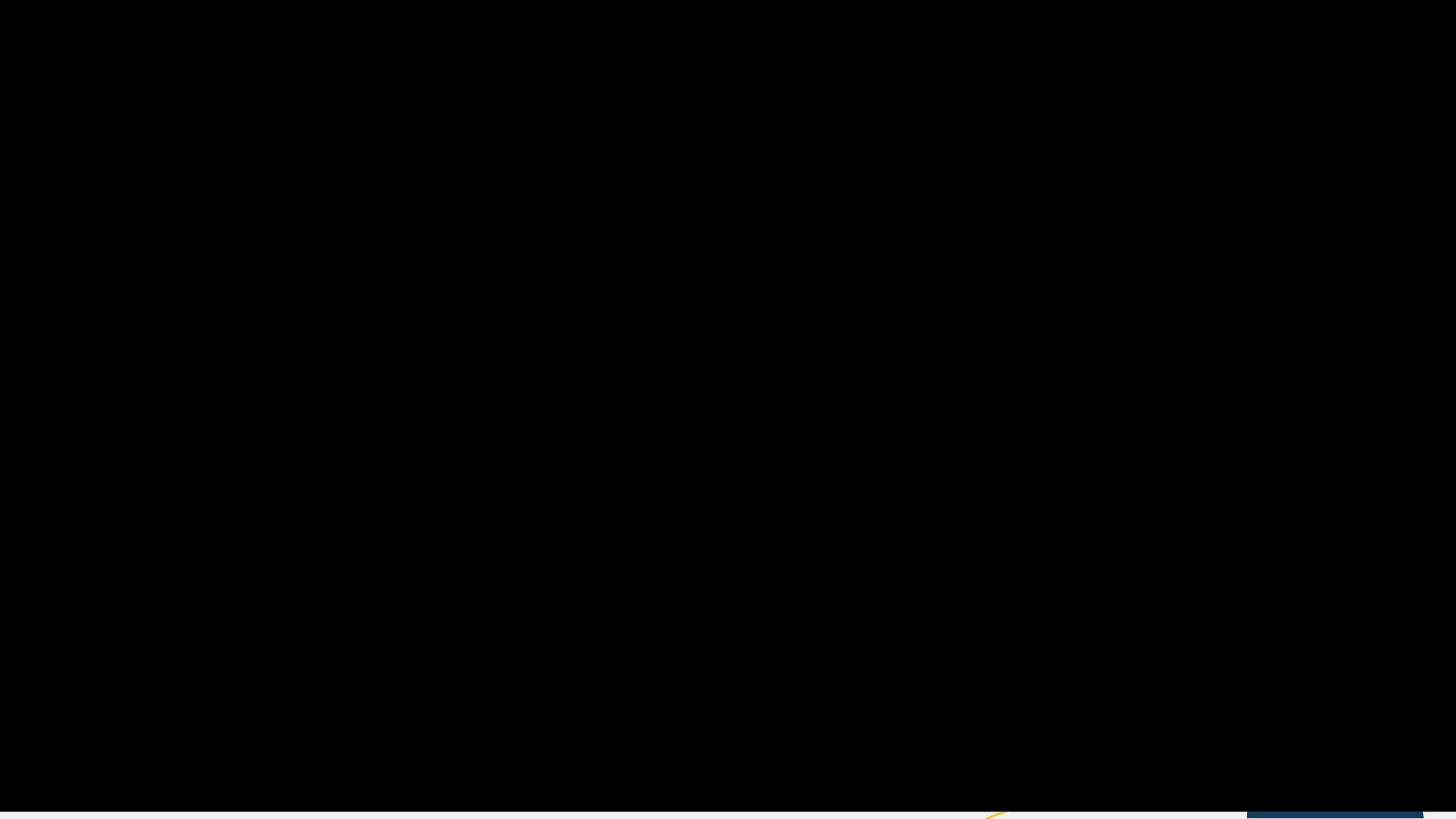
Leaders identified, equipped, and deployed across the growing church family.

OPTIMIZED FACILITIES

Facilities maximized for ministry and community use, backed by modern technology and systems.

RESOURCE CHURCH

St. Paul's supports other churches in Toronto and beyond.

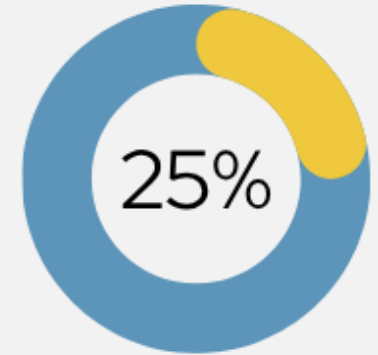
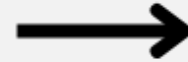




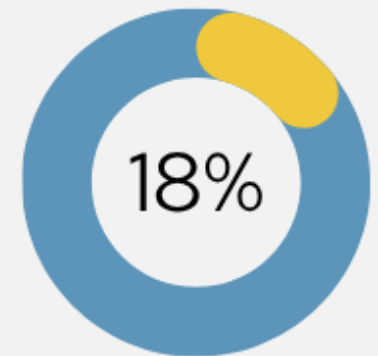
ALL-IN SUNDAY

1162 TOTAL
ACTIVE
MEMBERS

290
TOTAL SUNDAY
VOLUNTEERS



210
SERVING AT
LEAST ONCE
PER MONTH





SPIRITUAL GIFTS INVENTORY

For each statement, mark to what extent it is true of your life. *

	Much	Some	Little	Not at all
1. I feel called to share messages from God that encourage or comfort others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I enjoy building long-term relationships and walking with people through life's ups and downs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. People say I help them understand the Bible in a clear and meaningful way.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I often find myself encouraging people who are struggling or unsure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

See full assessment at:
stpaulsbloor.org/spiritualgifts

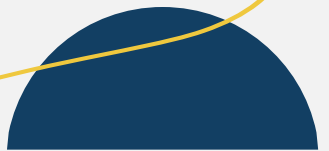


ALPHA





DEVELOPING LEADERS COHORT





DEVELOPING LEADERS CURRICULUM

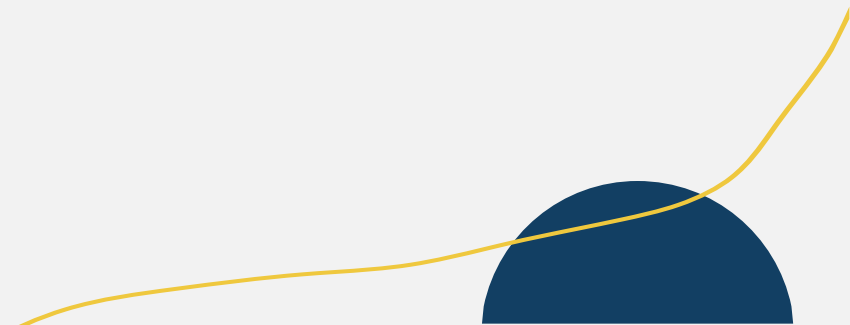
- **September:** Our daily work as part of God's mission in the world
- **October:** Rhythm of Life: time-tested rhythms for growing as a disciple of Jesus
- **November:** The character of a Christian leader
- **January:** Finding your leadership voice
- **February:** Apprenticeship model of team building
- **March:** Your spiritual gifts and how to use them
- **April:** Emotionally intelligent leadership
- **May:** Where is God leading St. Paul's? Missional innovation and multiplication
- **June:** Where is God leading you? Crafting a personal calling statement





BUILDING AN APPRENTICING CULTURE

A teen on every team
Job descriptions for leaders
"The Trellis and Vine" by Marshall and Payne





Please pray for us.

The harvest is plentiful, but the laborers are few. Matthew 9:37