

A Summary of the Basics of the “Rhythmic Week” AKA “Slot System”

For more information, refer to:

Page 115 in [Sustainable Youth Ministry](#)

by Mark DeVries © 2008 InterVarsity Press

p. 79 of [The Most Important Year in a Man's/Woman's Life](#)

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1. Each day has 3 slots....Morning...Afternoon...Evening...Often times a meal accompanies each slot.
2. Start by carving out your Sabbath....which is a recommended 3 slots.
3. Next carve out a recommended 6 slots at home with your family. (3 of these 6 can also be your Sabbath slots)
4. Next carve out a full slot for "balcony time." *See Group Magazine Article
5. Next plug in the regular meetings...staff..Wed night...etc..worship, Sunday School and any other *regular* occurrences.
6. Next come all the things that are crucial to your ministry but are probably the things you like to do *least*. For some folks these are the recruiting calls, follow up calls. Some people really dread the lesson prep and writing time. The idea here is that we all have these routine tasks that we tend to push off...procrastinate...b/c we dread them. So, it is best to pick a slot(s) each week that you can dump all these undesirable things in. It's good to choose a time of day when you're at your best to tackle them. Then after this slot....plan a weekly reward of some type...perhaps lunch with a special person, or have it be the day you take off early and go home, perhaps you take a few hours on this day to do whatever you want. Something like that.

Sample Rhythmic Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Sunday School and Worship	10:00-3:00 Office Time Recruiting Calls	10:00-3:00 Office Time	9:00-12:00 Balcony Time	10:00-3:00 Office Time	Sabbath	
Afternoon		1:30—Staff Meeting		School Lunches Office Time Until 3:00 p.m.		Sabbath	
Evening/ Night	Youth Leader Meeting Youth Group	7:00— Session 1/mo	7:00—Youth Leader Dinner 1/mo Phone Calls to Youth and/or Parents 3/mo	5:30—Wed. Night Dinner and Classes 7:00—Nurture 1/mo	Sabbath (Small Group BS)	Football/ Basketball Games	

's Rhythmic Week

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	???	???	???	???	???	???	???
Afternoon	???	???	???	???	???	???	???
Evening/ Night	???	???	???	???	???	???	???