

Rule of Life

Consider Your Current Season

The following pages have questions to help you develop a Rule of Life that will help you continue your spiritual formation journey. Remember, this isn't about becoming a robot, it's about becoming more fully the person God created you to be, formed by Christ, for the sake of the world!

Our goal is the same: union with God in Christ, transformation into his image, and the freeing of our hearts from anything that stands in the way of Christ living in and through us. How we get there will vary, depending on our personality, gift mix, temperament, geographic location, and particular calling from God. In addition, God will have different practices and emphases at different seasons and phases of our lives. (p 193)

A Rule of Life is “an intentional, conscious plan to keep God at the center of everything we do. . . . The starting point and foundation of any Rule is a desire to be with God and to love him” (p. 196).

Write down anything you currently do that nurtures your spirit and/or fills you with delight (people, places, activities - think beyond just typical spiritual activities to things like painting, hiking, singing, cooking, time with friends, etc. What is life giving for you?)

What sorts of things do you need to avoid, limit, or eliminate because they are life draining or keep you from remaining anchored in Christ? (This list will be different for everyone, it's not about a list of right and wrong. What are you prone to doing that negatively impacts your Spiritual and emotional health? Too much time on Social Media, Over-scheduling, living beyond your limits?)

Can you think of any challenges or "have to's" that will impact your life and rhythms over the next 3-6 months?(Are you moving? Caring for an aging parent? Changing jobs? Undergoing some kind of treatment? A demanding season at work or home?)



Where do you sense God is calling you to grow in this season?

What do you think will be your biggest challenge?

Who can be part of this journey with you, praying with and for you as you grow?

Pause & Reflect

As you look over the previous pages and consider your answers, what do you notice? Are there any patterns that emerge? Is there something stirring in your soul? What is God inviting you to?

Sit with this for a few minutes and listen for God's voice before moving to the next section.

Create a RULE

On the next pages, you will find 5 areas of life that your rule can cover. Remember that this rule exists for your growth and flourishing, not as a law. You can add or adjust these categories as needed for your current season of life (for example, maybe you want to include a section on parenting, leadership, school, etc).

In each section, we have included space for you to:

- 1. Identify a verse that guides you in that area**
- 2. Name a value(s) that you want to embody in each area**
- 3. Write a vision for that area of your life (What will it look like to live this out, where are you headed?)**
- 4. Begin drafting a rhythm of actions & behaviors that will help you move toward that vision**



Relationship with God

How will you cultivate your relationship with God and remain anchored to Him? This might include prayer, fasting, Scripture reading, retreats, silence, sabbath, daily office, etc. Consider the ways you hope to grow and the things that have helped you connect with God as you develop this section.

Verse

Daily/Regularly

Value

Weekly

Vision

Monthly

Quarterly/Annually

Relationship with Others

How will you cultivate your relationship with others - this could include people in your home, family, a spouse, children, or it can include friends, a small group, or neighbors. Do you want to show hospitality more often, make dedicated time for certain people/groups, etc.? What rhythms will help you grow in relationship with others?

Verse

Daily/Regularly

Value

Weekly

Vision

Monthly

Quarterly/Annually



Personal/Physical Life

How will you continue to grow in emotional health? How will you maintain physical health? Where/When/How do you rest, celebrate, and find joy? How are you caring for yourself through nutrition, movement, therapy, vacation, fun, etc?

Verse

Daily/Regularly

Weekly

Monthly

Quarterly/Annually

Value

Vision

Work (Vocation)

Whether you work in an office, a field, a factory, at home, as a student, a boss, or a trainer - what does it look like to flourish in this space? What values do you want to embody there and what habits will help?

Verse

Daily/Regularly

Weekly

Monthly

Quarterly/Annually

Value

Vision



Church/Community/Service

How will you engage in church in a way that helps you remain connected to God, yourself, and others? What sorts of activities will you commit to? How will you serve, in church and/or out in your community? How will you use your gifts and talents to build your community and the kingdom?

Verse

Daily/Regularly

Value

Weekly

Vision

Monthly

Quarterly/Annually

Pause & Reflect (Again)

REMEMBER (We can't stress this enough): The rule you have drafted on these pages is intended to be a framework and rhythm that helps you grow and stay connected to God, yourself, and others. As you live out the rule, it should feel like you are living in freedom not chained to obligations. There will be some trial and error as you find the right rhythm for you (and your family). It is not a "once and for all" document, but should be regularly evaluated and reconsidered as life changes.

Take some time to think about the rhythm/rule you've drafted here:

- When/How will you get started?
- What do you need to do to prepare?
- Who can you tell about this and how could you ask them to pray for and support you?
- How often will you evaluate your rhythm? How will you know if it needs to change?

PRAY: God, our prayer this season has been "Teach us to abide in you!" We want to be anchored to you in every situation and storm and become the people you created us to be. Help us to remove the distractions, embrace our limits, and commit to the path that you have called us to. Make us people who are flourishing and bearing fruit, formed by Christ for the sake of the world. Amen.