

CRAFTING A RULE OF LIFE

The process of establishing a “Rule of Life,” starts with grounding ourselves in the Love of God. Everything we create needs to stem from both loving God and resting in His love for us.

From that foundation we begin to ask the questions:
What rhythms do I need in my life to establish health and growth in my...

- 1. BEING WITH JESUS?**
- 2. REST?**
- 3. RELATIONSHIPS?**
- 4. WORK?**

Here are some steps that can help in beginning this process*:

Step 1: Write down everything that nurtures your spirit and fills you with delight (e.g., people, places, activities). Normally, when we think of spiritual activities, we limit ourselves to things such as prayer, going to church, worship, and Bible reading. Don’t censor yourself. Your list may include gardening, walking the dog, being in nature, talking with close friends, cooking, painting, or any number of other possibilities. List them all.

Step 2: Write down the activities you need to avoid, those that prevent you from remaining anchored in Christ. Think of things that impact your spirit negatively—such as distractions, hurry, going beyond your limits, etc.

Step 3: What are the “have to’s” in this season of your life that impact your rhythms? For example, caring for aging parents, kids, a demanding season at work, health issues.

Step 4: Now fill in the Rule of Life Worksheet.

Step 5: Take a step back and consider the following questions:

- What do you think will be your biggest challenge?
- What is the one thing you must do right now?
- What is one “stretch goal” you may want to consider?

Remember:

- **LISTEN TO GODLY WISDOM, YOUR HEART'S DESIRES AND THE HOLY SPIRIT, WHEN DISCERNING YOUR RULE OF LIFE.**
- **MAKE SURE YOUR RULE OF LIFE INCLUDES SOME JOY, PLAY, AND FUN.**
- **TAKE BABY STEPS. DON'T MAKE YOUR RULE IMPOSSIBLE TO FOLLOW.**
- **SOMETIME YOU WILL HAVE TROUBLE KEEPING YOUR RULE OF LIFE. THAT'S OKAY. RECOGNIZE THAT YOU'RE HUMAN AND TRY AGAIN. IT TAKES EXPERIMENTATION TO DISCERN WHAT UNIQUE FORM YOUR RULE SHOULD TAKE.**
- **FIGURE OUT HOW MUCH STRUCTURE YOU NEED—A LOT OR A LITTLE.**

**"BEING WITH GOD TO DO FOR GOD"
SCRIPTURE/PRAYER/
SABBATH/MISSION AND CHURCH/
SILENCE AND SOLITUDE**

**REST/ PLAY/SIMPLIFYING AND
SLOWING**

**THE
UNHURRIED
LIFE**

**RELATIONSHIPS/FAMILY/ CONNECT
GROUP/COMMUNITY**

**WORK, STUDY, PHYSICAL CARE,
SCHOOL**