



GORDON-
CONWELL
THEOLOGICAL
SEMINARY

RULE OF LIFE

AIM: TO INTENTIONAL CREATE TIME & SPACE FOR
FREEDOM, SLOWNESS AND SABBATH REST

EVERY DAY

Quiet Time

6 AM
1 Hour

Meals

Cafeteria &
Dinner

Walking

Evening

Purpose: Beginning & ending each day with a slow pace;
meal breaks for community & fellowship

EVERY WEEK

Purpose: Life-giving, health, personal care & fellowship



SABBATH
(SUN)



EXERCISE
(4-5X PER WEEK)



DISCIPLESHIP
(WED)

SOUL CARE
(THURS)



HOSTING MEALS
(BI-WEEKLY)



MUSIC

EVERY WEEKEND

Purpose: Slowing down, fun & friendship



FAMILY



INTROVERT TIME



SLEEPING IN/SLOW MORININGS



COMMUNITY

RELATIONSHIPS

- GOD
- FAMILY & FRIENDS
- GCTS & CHURCH COMMUNITY

PRIORITIES

RESPONSIBILITIES

- SCHOOL / STUDYING
- WORK
- SMALL GROUP

TARGET GROWTH AREAS

- DISCIPLINE IN PRAYER LIFE
- HOSPITALITY ON CAMPUS
- MAINTAIN OPENNESS IN SCHEDULE

WARRINER Family Rule of Life

RELATIONAL



WALKS with
NONNA

WEEKLY CONNECTION
WITH FRIENDS &
FAMILY ♡

READ-ALoud TIME

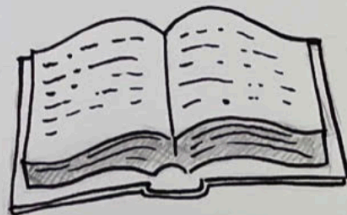
PLAYING GAMES



FIRE PITS

SPIRITUAL

BIBLE TIME



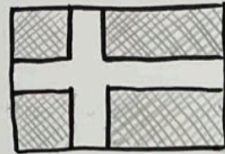
FAMILY PRAYER
(MEALS / BED)

CHURCH / WORSHIP



CANDLES

PHYSICAL



FRILUFTSLIV

WALKS, HIKES,
BIKES, BASEBALL,
OUTDOOR ACTIVITY



HEALTHY MEALS
& PICNICS
AS A
FAMILY

FINANCIAL

TITHE

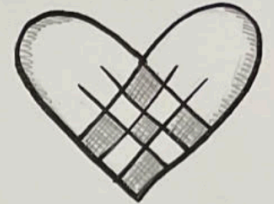


BUYING ONLY
WHAT WE NEED



FINANCIAL
PLANNING

MISSIONAL



LOVING OUR
NEIGHBORS

- CHRISTMAS
- VALENTINES
- TALKS
- SHOVELING

SAMUELITO
(COMPASSION)

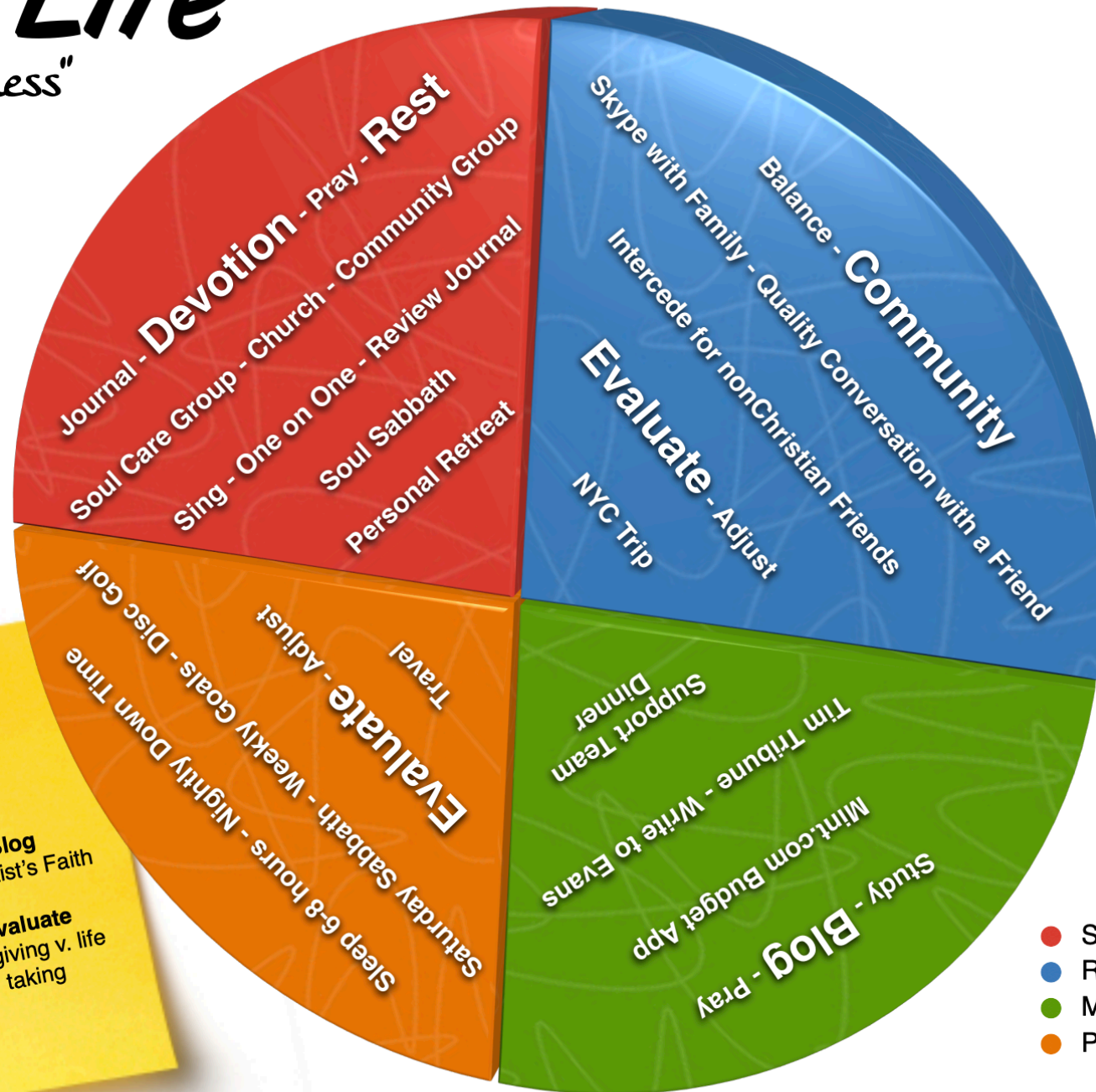
UC ONN
• CHAPLAINCY
• BABY HATS



HOMESCHOOLING

Rule of Life

"health & wholeness"



- Spiritual
- Relational
- Missional
- Physical

Current Focus

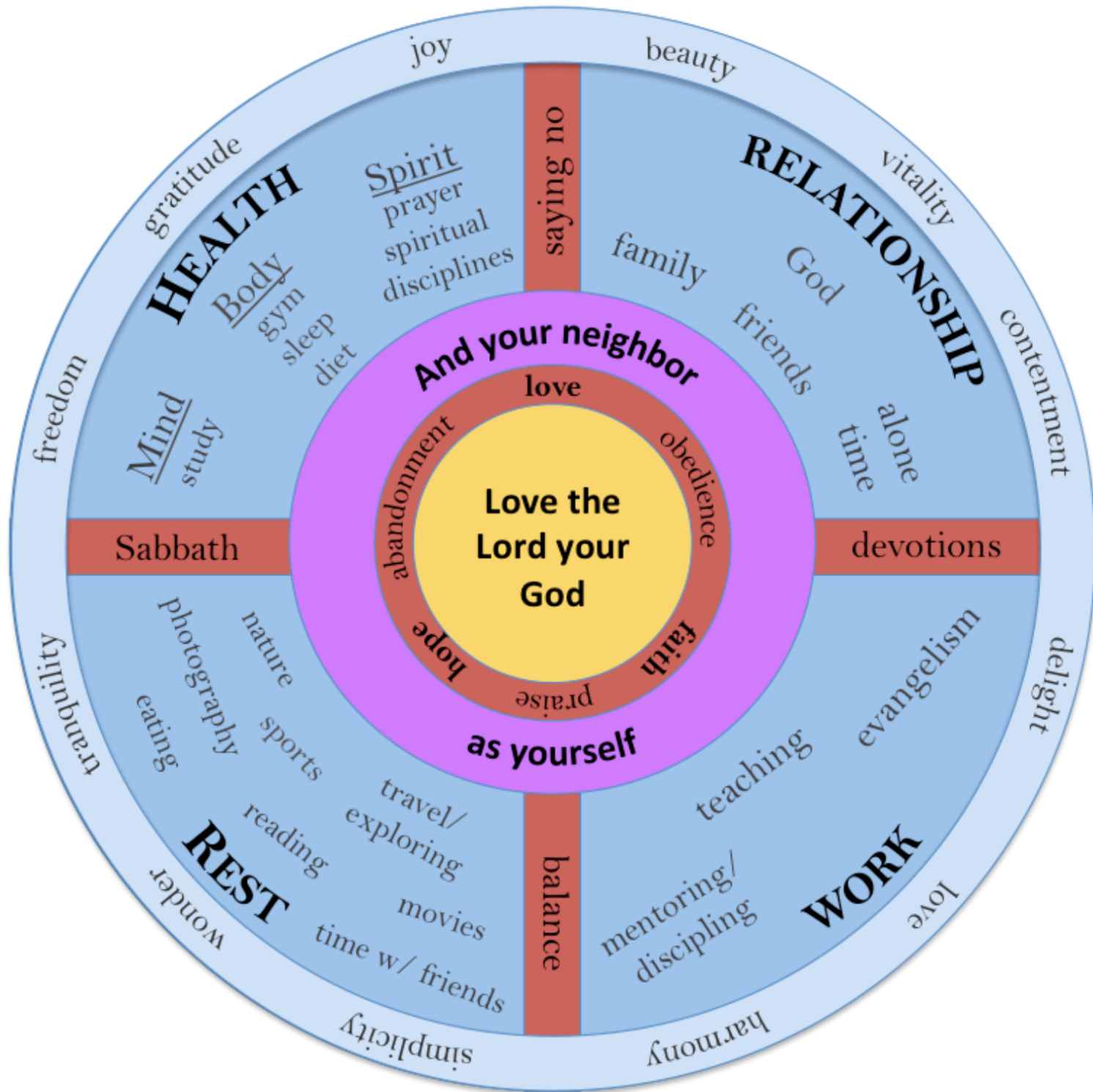
Devotion
Daily after Dinner

Rest
"waste an hour"

Community
correcting isolation
vulnerability

Blog
An Artist's Faith

Evaluate
life giving v. life
taking



Spiritually

- Daily: Prayer, Reading/Contemplation, Academic study
- Weekly: Corporate worship, Gratitude Journal, Accountability
- Monthly: Meet with Pierce group bi-weekly

V Whom have I in heaven but you? And besides you, I desire nothing on earth. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.
i For, behold, those who are far from You will perish; You have destroyed all those who are unfaithful to You. But as for me, the nearness of God is my good; I have made the Lord GOD my refuge, That I may tell of all Your works.
n Psalm 73:25-28

Relationally

- Daily: find way to encourage Jon and show him love
- Weekly: Accountability and community (Pierce Soulcare and 7 Mile Soulcare), Meet with a friend, Call a friend and catch up, Call families
- Monthly: Date night with Jon

Rest and Recreation

- Weekly: Night alone with Jon
- Monthly: Game night (2x), Girls Night, Excursion with Jon (hike, swim, museum, etc)
- Annually: Visit family and Beth
- Daily: 1 hour of free time
- Weekly: Have a leisurely morning
- Quarterly: Read a book for fun

Mission

To live simply and intentionally for God. To love Him above all others and to serve those around me. To love the things He loves (justice, truth and charity) and to hate what He hates (sin, selfishness, pride)

Missionally

- Weekly: Open our home to others, prayer for unsaved family and friends
- Monthly: Invite someone to over for dinner
- Throughout the year: Engage the Crossfit community and get to know our neighbors

Physically

- Weekly: Workout (2x)
- Daily: Go to bed early (10-11pm), Eat a healthy diet
- Weekly: Chiro adjustment

Vision: "Yourself and myself"

Mission: Constantly pursue and work towards the proper ordering of my loves – first things first. "When 1st things put 1st, 2nd things are not suppressed by increased"

Hats: Son of God; Soulmate of Susan; Servant of Christ, that is, the Church (GCTS/Pierce/LTi/GC/Park Street); Student of the faith.

	Spiritual	Relationships	Physical	Recreation/Interest	Missional
Daily	<ul style="list-style-type: none"> • Scripture Reading • Prayer (2 ears/1 mouth) 	<ul style="list-style-type: none"> • breakfast/dinner with S. (no computer/ iPhone/book/etc.) • attend to people with whom I interact 	<ul style="list-style-type: none"> • sleep (6-8 hours) • stay hydrated • eat well (salad for lunch) • walk/bike rather than drive 	<ul style="list-style-type: none"> • keep up w/ daily news • listen to NPR • music 	<ul style="list-style-type: none"> • seek to glorify God in new role for Pierce/Lti (work hard, do good work) • be transformed through the renewing of my mind
Weekly	<ul style="list-style-type: none"> • Sabbath (<u>no electronics</u>) • Journal 3-4x • Soul Care accountability • Church small group • afternoon stroll 2-3x 	<ul style="list-style-type: none"> • at least one fun evening with friends • call immediate family (esp. Dad) • call friends bi-weekly • poem on Sunday mornings with S. • Send out b-day/anniversary cards 	<ul style="list-style-type: none"> • run 3-5x/week, lift when I feel so inclined • alcohol mostly on weekends • no alarm on Saturday • one long run • swim or bike at least once • basketball/tennis/frisbee 	<ul style="list-style-type: none"> • read good literature 3-5x • practice piano 3x (lunch break when working from home) • "A Prairie Home Companion" 	<ul style="list-style-type: none"> • Great Conversation course at Gordon College • Teach Christian Formation class at Park Street
Monthly	<ul style="list-style-type: none"> • memorize passage of Scripture with S • fast • inventory loves • outdoor adventure 	<ul style="list-style-type: none"> • spend time with S's co-workers • Book Club • Hospitality - host dinner guests at least 3x • > 1 day trip with S. • Coolidge Corner Theater • Write 3-4 letters 		<ul style="list-style-type: none"> • culture (theater, museums, symphony, theater, film, etc.) 1-2x • Explore New England (Trustees of Reservations) 	<ul style="list-style-type: none"> • Financial: tithe • discipleship meeting with xxxxx - 1-2x • Spiritual Direction • read 3-4 books (pleasure, interest, academic field) • Meet with xxxxx on NT/theology/prayer
Annually	<ul style="list-style-type: none"> • Retreat • New Year: reflect on goodness of God and record the story 	<ul style="list-style-type: none"> • see both of our families several times (weekend trips/vacations/etc.) • >1 man trip • annual D.C. trip with _. 	<ul style="list-style-type: none"> • >1-2 long road races 	<ul style="list-style-type: none"> • volunteer NPR 2x • >2 camping/hiking trip • stay at a B&B with S. • >1 Celtics and Sox game • _ & _ : brew my own beer 	<ul style="list-style-type: none"> • assess and tweak Rule of Life bi-annually, or whenever necessary.