

Rule of Life

How do you start building a **Rule of Life**? Well, it's not just about your Sunday morning habits; it's about Sundays and every moment in between.

Take an inventory of your daily habits. What do they say? Who do they serve? What do they worship? Think six months, five years, or even ten years from now. Who are they shaping you into?

Think about your Rule of Life in these rhythms.

- **Daily:** What practices are going to shape my day?
- **Weekly:** What practices are going to ground my week?
- **Monthly:** What practices are going to reorient my month?
- **Yearly:** What practices am I going to engage in once a year?

There are many spiritual practices, and our lives are the most full and flourishing when we practice them in some capacity. Think of them in these categories:

- **UP** (Connection to God): Prayer, Scripture, Church, Worship, Fasting, and Silence and Solitude
- **IN** (Connection to Self): Sabbath and Simplicity
- **WITH** (Connection to People): Community and Feasting
- **OUT** (Connection to the Community): Generosity and Loving Neighbors

So, a Rule of Life might look something like this. Specificity is important.

- **Daily:** I will connect to God by reading Scripture for the first thirty minutes in the morning before checking my phone or running for coffee. I will also listen to worship music on the way to work to orient by day toward Jesus.
- **Weekly:** I will connect to others through community. I will schedule one coffee catchup or phone call with someone I know in addition to participating in the Sabbath.
- **Monthly:** I will fast for one full, 24-hour period. During this fast, I will focus on praying for the Global Church, especially those facing persecution or violence. I will also plan a big, celebratory feast with my friends so we can slow down to enjoy food and one another's company.
- **Yearly:** I will plan a three-day retreat to engage in Silence and Solitude that helps me feel closer to Jesus.

Flourishing often happens through subtraction. So, also think about what might need to be removed as you add routines to your life. Your Rule of Life should be personal to your life and your stage of formation. A Rule of Life for a college student will look very different from the Rule of Life for parents of young children or a retired couple. Be sure to consider how your life actually is—not how it used to be or you want it to be. A Rule of Life is also in constant process. After a few weeks or months, review your Rule of Life and adjust where needed. Allow it to live and breathe and change with you.

We know there's a strong temptation to turn your Rule of Life into just another to-do list—another way for you to see how you "stack up" against expectations. So, we'll leave you with these gentle reminders:

1. A Rule of Life is about freedom through submission, not order through control. It's not about struggling; it's about surrender.
2. Discipline is not the final metric of maturity. Love is. A Rule of Life is not about perfection. It's about experiencing God's grace in new ways.
3. A Rule of Life is organized around practices, but mastery of those practices is not the end goal. They are a means to the end: **more of Jesus**.

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List your daily, weekly, monthly, and yearly rhythms
for the practices under each section.

UP

Prayer, Scripture, Church,
Worship, Fasting,
Silence and Solitude

IN

Sabbath, Simplicity

WITH

Community, Feasting

OUT

Generosity,
Loving Neighbors
