

RULE OF LIFE CHART

A Rule of Life is an ancient practice, used by communities of Christians for nearly 2000 years. The meaning of Rule comes from the Greek word for trellis. A trellis is a tool designed to enable a grapevine to get off the ground and grow upward, to become more fruitful and productive. In the same way, a Rule of Life can be the trellis that helps us abide in Christ and become more fruitful spiritually.

Choose a chart, on the front or back of this paper, to begin creating your framework for building rhythms of spiritual practices into your life with God.

Step 1: Take some time to contemplate the chart and consider how it relates to different areas of your life.

Step 2: Prayerfully work through each life category one at a time, giving yourself a little time to list out your current practices, and to imagine what a more intentional rule of life could look like for you in this season.

Step 3: Draft your rule of life. Come back to the chart and fill in each category as you see fit.

Step 4: Try it out. Spend a few weeks living into your rule, and see how it feels. If it feels burdensome or boring, pay attention to that without judgment, and consider what you need to change. What's working and what's not working? What's bringing you life? What's draining you? Talk about it with a partner, close friend, or community member.

Step 5: Revise and commit. Based on step 4, adjust your rule to what seems best, and commit to it for an extended season of time (we recommend a minimum of three months, and maximum of a year). Over that time period, create space for reflection via journaling, talking to a friend, or just taking a walk and thinking about it, to see what effect a life organized around "abiding" is doing for your transformation into a person of love, joy, and peace in the kingdom of God.

GOALS	Be with Jesus		Become like Jesus			Do what Jesus did	
PRACTICES	Abiding	Mind	Body	Relationships	Rest	Work & Money	Gospel & Hospitality
	Examples: morning prayer, Scripture reading, worship music, sabbath, fasting, silence and solitude, etc.	Examples: Reading Scripture, biblical podcasts, books, church on Sunday, gratitude, device limits, etc.	Examples: sleep, exercise, diet, water, walking, rising at a certain time daily, annual doctor's visit, etc.	Examples: daily 15-minute touchpoint, connect over a meal, serving together, vacation, family night etc.	Examples: morning quiet time, sleeping 8 hours, weekly sabbath, a "nothing night" once a week, etc.	Examples: set times of "deep work" each week, tithing 10%, sponsor a child in need, etc.	Examples: inviting a friend to Alpha, host neighbors for dinner, serving the poor by volunteering, etc.
DAILY							
WEEKLY							
MONTHLY							
QUARTERLY							
ANNUALLY							

MY RULE OF LIFE: Love God & Love Others

These are my core practices, rhythms, & relationships in order to abide in Jesus in a busy world, keeping God at the center of all I do and becoming more fruitful along the way / John 15

Crafting a Personal Rule of Life

Step 1: Write down all you currently do (or hope to do) that nurtures your spirit and fills you with delight (e.g. people, places, activities). Think broadly, beyond activities like prayer, going to church, worship, and Bible reading. Your list may include gardening, walking the dog, being in nature, talking with close friends, cooking, painting, hobbies, etc.

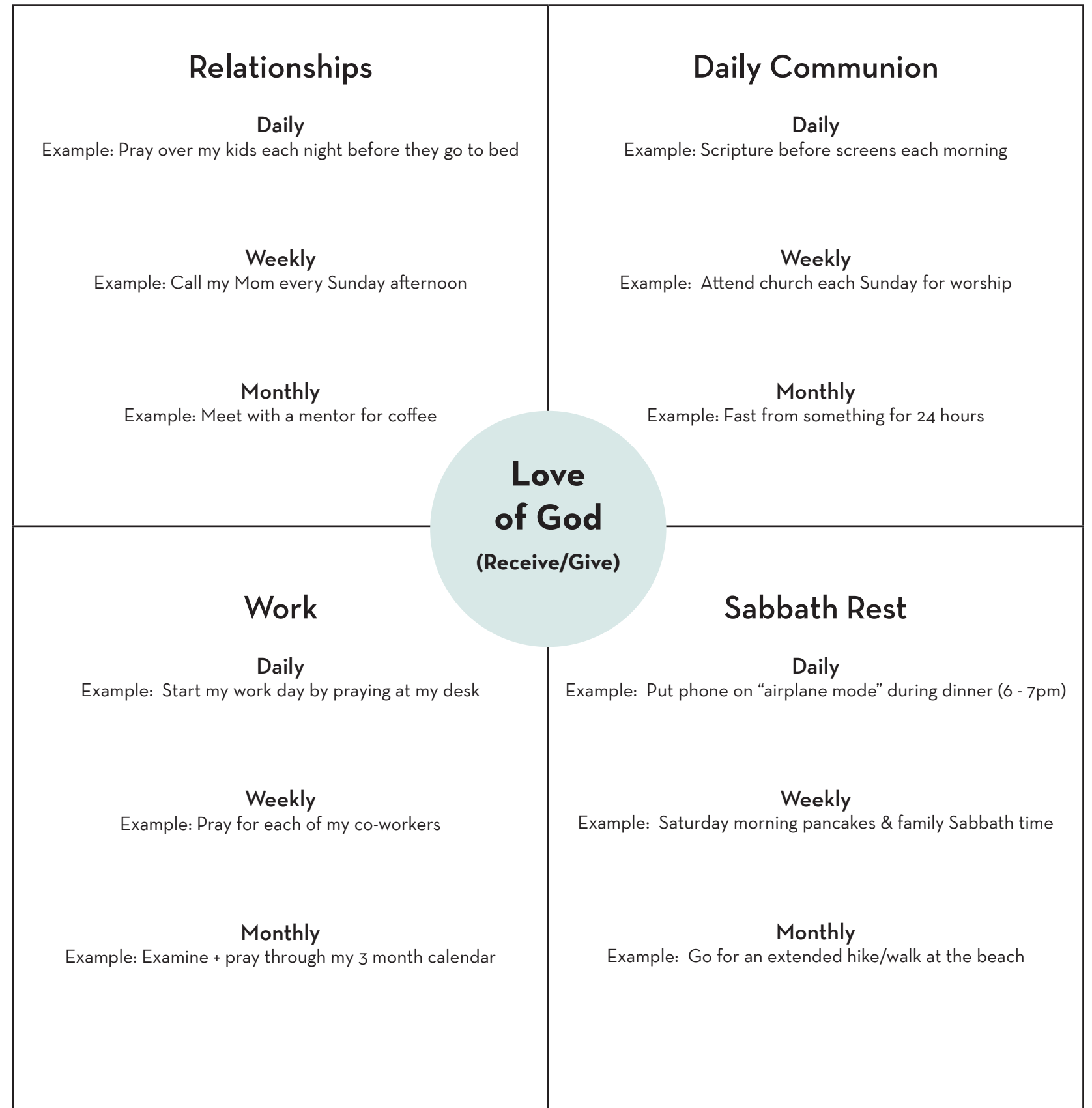
Step 2 Write down the activities you need to avoid, limit, or eliminate that pull you away from remaining anchored in Christ. This refers to avoiding certain things that impact your spirit negatively such as violent movies, excessive social media involvement, commitments that take you beyond your limits.

Step 3 What are the challenging “have to’s” in the next 3-6 months of your life that will impact your rhythms? (e.g. caring for aging parents, a special needs child, a demanding season at work, moving, health issues)

My Spiritual Gifts: (Example: Mercy, Encouragement, Leadership, Hospitality, Generosity, Evangelism, etc)

My Roles: (Example: I am a Dad, Brother, Son, Little League Coach, Co-Worker)

My Limits/Boundaries: (Example: My spouse and I work full-time; we have young kids; old house needs upkeep)



Thanks to Emotionally Healthy Discipleship for this resource.