

RULE OF LIFE WORKSHEET // 02-04-2024

1. current Rule of Life inventory—what am I doing with my time right now? (daily, weekly, monthly rhythms)

○ individual practices

○ community practices (with others)

Practices for a Rule of Life (from Acts 2, *Emotionally Healthy Spirituality*)

- Scripture (revelation, belief/thought/behavior, devotion)
- regular fellowship (anchored in Sabbath)
- breaking of bread (anchored in Sacraments)
- prayer (silence and solitude, praise, etc)
- fasting
- awe at signs and wonders
- give to anyone in need/service
- simple and sacrificial living
- play and joyful recreation
- care for your physical body
- attend to your mental and emotional health
- daily office
- Sabbath-keeping
- _____
- _____
- _____
- _____

2. Two ways to build—from vision and from practices

- Drawn to *vision*—what kind of life does God want me to build? What do I envision a fruitful life with God to look like?

- Drawn to *practices*—what practices is God inviting me into in this season? How might these practices shape me?

3. *Homework*: building a Rule of Life

- what will I resume? (*from #1 above*)

- what will I stop? (*from #1 above*)

- what will I start? When will I do it? (*do I need to stop more things to make room?*)