



C R E A T I N G A

RULE of LIFE

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What is a Rule of Life, or some say Rhythm for Life?
What is its purpose?

- To live with intention and purpose in the present moment.
- Guidelines that support the things you need and want to do. It affects your thought process, your routine, the necessary goals to meet, how you interact within your community, finances, relationships, etc.
- It is not fixed or permanent rules. Allow flexibility to adapt to what you do, who are you are, and how you live in an abundant life-presently.
- Led by a God-powered life, not a self-centered, follow our own rules kind of life.
- It allows us to clarify our deepest values, relationships, hopes, and dreams, and the most meaningful work in our life.
- You are living a life of joy.

“Your personal rule of life is a holistic description of the Spirit-empowered rhythms and relationships that create, redeem, sustain, and transform the life God invites you to humbly fulfill for Christ’s glory.”
(Steve Macchia, *Crafting a Rule of Life*, 2012)

“Those who flourish in their lives with God have a Spirit-initiated rule of life, a rhythm of practices that enables them to welcome and respond to Jesus.”
(Ken Shigematsu, *God in My Everything*, 2013)

HOW DO I GET STARTED?

- 1. LISTEN.** That's right...start by listening. In your time of prayer, discern what your deepest desire and longing of your heart is. What spiritual discipline allows you to feel most connected to God during this time of listening?
- 2. HUMILITY.** Be obedient to what you hear from God. Having no agenda but His; this will bring true fulfillment. Take time to jot down the thoughts God is sharing; is it an image, scripture, a word?
- 3. DISCERNMENT.** God is showing you the spiritual rhythms, practices, and relationships for living an intentional life. These will be revealed as you follow steps 1 and 2.
- 4. WRITE.** No Rule of Life will be the same, and there is no right or wrong way of doing it. Each Rule of Life is tailor-made for the individual.

Below are guidelines (*one example of creating a Rule of Life*) to help you on the journey to highlight the pathways to living an abundant life. Each area may look different for you. These guidelines are suggestions. If you don't feel that one area speaks to you or is part of your current Rule of Life, then it is okay to omit that area. Allow this to be personal for you. See the back page for additional resources that may help you with this process.



LET'S BEGIN.

Consider creating a page that has "Daily," "Weekly," "Monthly," "Quarterly," and "Annually" written on it. For each of those headings mentioned above, include the following content for either each heading or where it fits for YOUR Rule of Life: "Time," "Trust," "Temple," "Treasure," "Talent." We will break down each of these areas to help better understand their purpose.

TIME: SPIRITUAL

- Spiritual rhythms and practices. What are your spiritual practices? How often do you practice these rhythms, daily, weekly, monthly, quarterly, annually? Creating space for God is the #1 discipline for the health and growth of your soul. Where do you find that soul rest with God?

Write down under each heading that pertains to your practices, what it is you do.

- **PRACTICE ideas:** Silence + Solitude

Scripture:

- "But Jesus often withdrew to the wilderness for prayer." (Luke 5:16 NLT)
- "Before daybreak the next morning, Jesus got up and went out to an isolated place to pray." Mark 1:35 NLT)
- Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat." (Mark 6:31 NLT)



TRUST: RELATIONSHIPS

- The image of God reflects in the way we connect with others. Is this connection healthy, loving, and edifying? Who are the people that mean the most to you (family, friends, soul friends)?
- What are the greatest joys and blessings of each of those relationships?
- Write down under each heading that pertains to your relationships and how you engage and foster them.
- **PRACTICE:** Spending time with a person important to you and make that time a priority, no electronics or distractions that deter from enjoying the company of that person.

Scripture:

- The book of Ruth. Read the entire book.

TEMPLE: PHYSICAL BODY, MIND, SOUL

- What are the current ways that you are physically active? When do you rest, or should I say practice "true rest?" When and how are you replenishing your body, mind, heart? You can't pour out to others when you are on running on empty, depleted, and tired. Consider the hobbies and recreation you participate in. Do you find your exercise, hobbies, recreation, eating habits to be joyful acts of worship? What are the priorities for your mind and soul?
- Write down under each heading that which pertains to your physical activities, hobbies, recreation, rest.
- **PRACTICE:** Sabbath, Soul Care, Fasting



Scripture:

- You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. (Psalm 139:13-14 NLT)
- Consider reading 1 Kings 19: 1-9. We read about Elijah and his experience of running away, feeling alone, and exhausted. God provided him with food, water, and rest. Essential needs to restore Elijah's strength so he could keep going.

TREASURE: FINANCIAL

- Consider your material and financial stewardship in this area.
- Prayerfully reflect on your material and financial life. What are you sensing God is saying to you or inviting you to do for a deeper, more meaningful stewardship?
- Grace-giving is a God-lead decision to give what you feel your heart can give. For many, finances can be a difficult and burdensome area of our lives. Grace-giving is done whole-heartedly between you and God. We trust that God will always provide for us and that material goods are just that, material. He will provide us with what we truly need.
- Write down under each heading how you practice your financial and material stewardship.
- **PRACTICE:** Tithing

Scripture:

- "Yet true godliness with contentment is itself great wealth." (1 Timothy 6:6 NLT)
- "Don't store up treasures here on earth, where moths eat them and rust destroys them, and where thieves break in and steal. Store your treasures in heaven, where moths and rust cannot destroy, and

thieves do not break in and steal. Wherever your treasure is, there, the desires of your heart will also be.” (Matthew 6: 19-21 NLT)

- “You must each decide in your heart how much to give. And don’t give reluctantly or in response to pressure. “For God loves a person who gives cheerfully.” (2 Corinthians 9:7 NLT)

TALENT: MISSION + GIFTS

- When we serve, we experience joy and find ourselves drawn closer to God. How and who do you presently serve? Do you sense the passion in this area of service? Do you feel drawn closer to God in this area of service?
- Have you ever had an experience in which you became powerfully aware of your desire to make a lasting difference?
- Consider “one thing” that you want to pour your efforts into. Prayerfully consider how you can commit to that “one thing.”
- Write down under each heading how you practice service to others and how you use your gifts.
- **PRACTICE:** Serving, volunteering

Scripture:

- “So, my dear brothers and sisters, be strong and immovable. Always work enthusiastically for the Lord, for you know that nothing you do for the Lord is ever useless.” (1 Corinthians 15:58 NLT)



Remember, this is YOUR Rule of Life. These life-giving rules are meant to be straightforward, realistic, and intentional for you, and your relationship with God. If it supports your heart's desire to grow in a loving relationship with God, then you know that you are on the right path.

Over time these may and will evolve.
That is okay.

Allow the process to bring growth to your relationship.



Here are suggested resources that may benefit you depending on your practice style and engagement with The Rule of Life:

“Crafting a Rule of Life” by Stephen A. Macchia

- Twelve sessions for groups or individual
- A contemporary approach to St. Benedict’s Rule
- Biblical & historical reflections on each theme
- A workbook format for writing your own rule

“Spiritual Disciplines Handbook: Practices that Transform Us” by Adele Ahlberg Calhoun

- Explains the various spiritual disciplines with practical, accessible guidance that helps you actually do them.
- There are tips for writing, practicing, and reflecting on this practice.
- These practices are reflective to your Rule of Life.

“God In My Everything: How an Ancient Rhythm Helps Busy People Enjoy God” by Ken Shigematsu

- This book explains how to create spiritual rhythms for your Rule of Life in everyday moments.
- Each chapter ends with questions for reflections and discussion.

“The Common Rule: Habits of Purpose for an Age of Distraction” by Justin Whitmel Earley

- This book offers four daily and four weekly common habits designed to transform your life.
- Guide to living more deeply in God’s life-giving kingdom.



MY RULE OF LIFE

Name: _____

	Daily	Weekly
Time		
Trust		
Temple		
Treasure		
Talent		

Use the space below to consider what
YOUR Rule of Life might look like

Monthly	Quarterly	Annually





SPIRITUAL LIFE DEVELOPMENT
USA EASTERN TERRITORY
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