

CREATE A RULE OF LIFE

This simple model draws on material from several sources including Peter Scazzero (emotionallyhealthy.org) and Bridgetown Church, Oregon (practicintheway.org).

Step 1 – Taking stock

Using four headings: Prayer & Scripture; Rest; Relationships; Work & Service - spend some time reflecting on and jotting down everything you currently do, or try to do, on a regular basis which feeds you emotionally and spiritually, expresses your relationship with God and with other people. *Don't just include obviously 'spiritual' things (prayer in quiet times, church, retreats etc) but anything life-giving as a regular habit (e.g. praying while you cut the grass, hobbies, walking the dog, sport, meeting particular friends etc). Also anything which shares God's love (e.g. areas of service, personal approach to work colleagues, volunteering, intentional acts of kindness etc)*

Step 2 – Reviewing and Refining

As you look at your current rule of life, invite the Holy Spirit to lead you in an honest review. Are there any obvious gaps or unhelpful commitments? Are the seven core practices of Jesus reflected? Does it reflect any circumstances which will inevitably impact on your regular rhythms e.g. changing jobs, moving house, caring for relatives, health issues? Does your rule bring a sense of energy, purpose and direction to your life? Does your rule keep you on track when events and circumstances hit? Is there enough fun and joy in your life?

Step 3 – Draft or re-draft a new Rule of life and try it out

This may take several attempts and edits in the light of experience. If you don't know where to start – what is the one thing the Holy Spirit could be calling you to start, or to stop, right away? Which will be the biggest areas of challenge - who could help you?

It is important to plan small steps – don't make an impossible rule out of a sense of duty or to try to please God. Give yourself time and the grace to experiment and to discover a pattern of life that brings freedom. It is important to consider wisely how much definite structure you need – a lot or a little?

PRAYER & SCRIPTURE

REST

HOW I RECEIVE AND SHARE GOD'S LOVE

RELATIONSHIPS

WORK & SERVICE