

CORE HABITS



SCRIPTURE

Reading, studying and soaking in God's word



SABBATH

Balancing activity with quality time for rest and worship



SILENCE & SOLITUDE

Regular space to breathe and listen



PRAYER

Conversation with God weaved into our lives



FASTING

Abstaining from food to focus our hearts on God



SIMPLICITY

Freeing from distractions and dependencies



COMMUNITY

Doing life with church family and blessing others

WISDOM DOWN THE AGES



START SIMPLY AND BE FLEXIBLE



INCLUDE FUN AND HELP FROM OTHERS



EXPERIMENT AND BUILD UP OVER TIME

JOHN 15:5

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

Find more resources at:
walkingwithgod.trinitycheltenham.com



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RULE OF LIFE

*Keeping God
at the centre
of everything*



THE CONCEPT

DAILY RHYTHMS AND HABITS EXPRESS WHO WE ARE AND WHAT WE VALUE

The concept of a 'Rule of Life' has been used for centuries by Christians to create frameworks of spiritual habits which keep God at the centre and to grow as followers of Jesus.

A 'Rule of Life' is an intentional pattern of habits and rhythms to receive and share God's love, not a list of regulations and restrictions.

Like putting on a pair of glasses to see objects clearly; it helps us see God's purpose and direction in our lives.

Using the four headings overleaf, invite the Holy Spirit to show you how to share in the core habits modelled by Jesus and the more personal rhythms which will



PRAYER & SCRIPTURE



REST



RELATIONSHIPS



WORK AND SERVICE