

Developing Your Rule of Life

January 15th, 2025

Step 1

Write down everything that nurtures your spirit and fills you with delight (e.g. people, places, activities). We ask that you think more broadly beyond such activities as 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, or any number of other possibilities. List them all!

Step 2

Write down the activities you need to say “no” to or limit that pull you away from remaining anchored in Christ.

This refers to certain things that impact your spirit negatively such as violent movies, excessive social media involvement or 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. re-opening church, demanding season at work, working on your marriage and parenting, addressing racial injustice, caring for aging parents, a special needs child, moving, health issues)

Step 4

Fill in the Rule of Life worksheet as you consider your next 3-6 months. Ask God what He is inviting you to focus on during this season?

Step 5

Take a step back and consider the following questions:

- What do you think will be your biggest challenge?
- What is the one thing you sense the Holy Spirit directing you to start doing now?
- What might be one thing you want to stop doing?

Prayer

Rest

**Love of
God**
(Receive/Give)

Relationships

Work