

Main Idea:

What is the three processes of a Rule of Life and how do we start to understand how a Rule of Life is fitting into our existence

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### **1 Corinthians 9: 24-27**

**24 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. 25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. 26 So I do not run aimlessly; I do not box as one beating the air. 27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.**

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Questions That Need Answers:

1. What really is a Rule of Life?
2. Do I already have a Rule of Life
3. What are the Three aspects of a Rule of Life

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## INTRO

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No one does anything truly by accident... It actually requires effort, care, and a decision for structure and direction.

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## THE FIRST QUESTION?

- The question is, do you have a plan for holiness.
- The goal of spiritual formation, is to become like Jesus yes... but broke down it should be said more like this. That the goal of spiritual formation is to
  - Be with Jesus
  - Be Like Jesus
  - Do what Jesus did

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## WHERE DO WE GET RULE OF LIFE FROM?

- *Regula* is the root word behind rule. Its meaning in classical and early Christian Latin was not primarily about laws.

Core meanings:

1. A straight stick or rod
2. A measuring tool
3. A guide for alignment
4. A standard that keeps something true

*Think carpenter's rule, not courtroom rules.*

*A regula told you whether something was straight, not whether it was punished.*

*When early Christians spoke of a Rule of Life, they meant: A chosen pattern that orders daily life toward love of God and neighbor*

- *It answered questions like:*
  - *How will my time be ordered?*
  - *How will my desires be trained?*
  - *How will my body, prayer, work, and relationships stay aligned?*
- *In ancient Roman times, they also used the word regula to describe a trellis, a structure that allows a vine to grow correctly, something to keep it going in the right direction and not being able to just do whatever it wants at anytime.*

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## **HOW DO WE UNDERSTAND A RULE OF LIFE?**

- A Rule of Life is a three fold process
  1. Training
  2. Abiding
  3. Persevering

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## DO YOU HAVE A RULE OF LIFE?

the problem all of are facing is not that our rule of life is currently not working... but rather, that it is.

- You already have a rule of life, how many of you wake up and the first thing you do is check your phone? You see your rule of life, is that the first thing you will do when you rise, is take in what The world is saying.
- How many of us, come home after a long day, grab our phone, start watching tv, eat snacks, grab a beer? Your Rule of Life, is that how will relax is not based on rest, but on detachment.
- So if you feel busy, anxious, poor, worse then everyone else, unhappy, physically, mentally, or sexually frustrated, numb to life, I have news for you... you're rule of life is working.
- Now I know that seems like bad news, but I have good news, the problem is not that you are a bad person, that you are evil, that you are always doomed to fail... the problem is not you. The problem is your rule.

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## IS A RULE OF LIFE, REALLY RULES?

- Now I am going to state this over and over and over again, a rule of life if you notice is not rules of life. Why? Because this is not about rules... its about a rule, a measure an ability to create stoping points in spiritual formation.
- If this becomes about rules you "have to follow" or things that when you don't complete you feel shame, this will not help you on your journey. This is not about creating rules, this is about reorganizing your life like around The Holy Spirit and his union with you.

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- The first fold in this three fold process as I described earlier, is training, a rule of life is the guidelines to training well. (EXPLAIN IF TIME)

“Discipline is not about punishment; it is about creating space where something new can happen.” - Henri Nouwen

“A life without discipline is a life without direction.” - Thomas Merton

- We can't simply stumble into christlikeness, it is a deliberate structure, done by design.
- These eight practices that we will be installing into your lives as a church family are built around the three areas of life that a Rule of Life is established
  - 1. Daily Rhythms
  - 2. Weekly Rhythms
  - 3. Routinely Rhythms

## FINAL THOUGHT

- Tonight I believe the invitation, is to say ok... to say ok to finally going past the level you have felt stuck at, to say yes and commit not just to this, but your formation...
- In last weeks vision service I asked for three commitments from you, do you remember what they were?
  1. Your Presence
  2. On Mission
  3. Your Participation

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