



CRAFTING A

# RULE OF LIFE

2023

# WELCOME TO THE JOURNEY

The word rule comes for the latin *regula* which means "pattern" or rhythm. Everyone has a pattern and rhythms to their days: We wake at certain times, get ready much in the same way most mornings, drive the same route to work and there are rhythms to the how we engage with our loved ones, our hobbies and our work.

Whether you are aware of it or not, whether you have been intentional about creating one, you already have a Rule of Life. The goal of this Guide is to help you craft a rule of life that is intentional and a guiding document for your life.

## WHAT IS A RULE OF LIFE?

A Rule of Life is how you lay a foundation, the bedrock of your soul, on which you build everything else on. It is the practices and rhythms you want to include in your daily life. *A Rule of Life is not a rigid set of rules to follow but rather a guide for how to remain connected to God, dedicated to your deeper calling and committed to your most important relationships.*

A rule of life is how you order your inner life and set yourself up for inner peace even when the world around you may be in chaos. It might be helpful to think of a Rule of Life much in the same way as a trellis. A *trellis* helps to support a vine growing in the right direction. A Rule of Life helps to keep us from wandering and supports us as we remain connected to God.



# CRAFTING YOUR RULE OF LIFE

As you develop your Rule of Life, do so prayerfully. A Rule of Life is best developed as you humbly submit yourself to the presence of God and seek to discern what the Spirit of God is whispering into your soul.

## STEP ONE// REFLECT

The first step in this process is to reflect on your current Rule of Life. As mentioned above, whether it is intentional or unwritten everyone has a Rule of Life.

### INSTRUCTIONS//

Take out a blank sheet of paper or your journal. I highly encourage you to use actual pen and paper. It will help you slow down and really pay attention. I encourage you to do this free of distractions. Put your phone on Do Not Disturb or on Silent Mode.

At the top of the page write the following heading: “Daily.” Then begin writing down anything you can think of that is your daily pattern of life. Write the things that you do everyday or most days. Write things like, “brush teeth”, “make coffee”, “eat breakfast”, “Workout”, “Ready my Bible”. Write down and much as you can of the things you do daily. It’s important to be as honest as possible. No one else is going to look at this, this is only for you as you mark your journey. Note don’t write the things you wished you’d like to do like “Spend 2 hours in devotional time”. You will have the opportunity to add those things in the next step.

# STEP ONE CONTINUED

On a second page write the following heading: “Weekly.” What are the weekly practices you do. Include things like “Sabbath”, “date night”, “workout”, “call my parents”.

On a third page write the following heading: “Monthly.” Do the same as you have done for the previous pages.

On a fourth page write the following heading: “Annual.” Do the same as you have done for the previous pages.

This first step in the process is important to get a clear picture of your life. Most people don’t take the time to examine their lives. We just know that things don’t seem to be quite right, but we hardly spend time paying attention to our life. As you move into the next step of developing your rule of life keep in mind the things you wrote in this first step.





## STEP 2// CRAFTING YOUR RULE

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In step two, you will be able to clarify the rhythms and practices that you want to incorporate into your life. Remember the purpose of a Rule of Life, is *a guide for how to remain connected to God, dedicated to your deeper calling, and committed to your most important relationships.*

In step two you are going to determine the daily, weekly, monthly, and annual practices you want to incorporate into your life that will help you abide in God's presence, keep you humble and grounded, and connected to your most important relationships.

A good Rule of Life will take a holistic approach among the different areas of your life as you discern the rhythms that you want to incorporate into your life.

It is recommended that, at minimum you come up with practices for the following four areas.

- Soul/ Relationship with God
- Body/ Physical Health
- Relationships/ The Most Important Relationship
- Vocation

You might also consider creating practices for the following areas if they are relevant to your life.

- Deeper Calling
  - Hobbies
  - Mind/ Mental Health
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# STEP 2// THE AREAS OF YOUR LIFE

## INSTRUCTIONS//

For each of the areas you've selected to incorporate into your Rule of Life, do the following:

- Choose a Bible verse that captures your intention or informs your heart in each area.
- Write a vision statement that ties each area of your life to the bigger picture of you remaining connected to God, committed to your deeper calling and connected to your most important relationships.
- Fill in the template with the practices you will do, Daily, Weekly, Monthly, and Annually. Please note you DO NOT HAVE TO WRITE SOMETHING FOR EACH BULLETIN POINT. I will provide an example of a Rule of Life.

### **Spirit/ Relationship with God**

- Daily
- Weekly
- Monthly
- Annual

### **Relationships**

- Daily
- Weekly
- Monthly
- Annual

### **Body/ Physical Health**

- Daily
- Weekly
- Monthly
- Annual

### **Vocation**

- Daily
- Weekly
- Monthly
- Annual

# STEP 2// THE AREAS OF YOUR LIFE

## Optional Areas to Add to Your Rule of Life

### Deeper Calling

- Daily
- Weekly
- Monthly
- Annual

### Mind/ Mental Health

- Daily
- Weekly
- Monthly
- Annual

### Hobbies

- Daily
- Weekly
- Monthly
- Annual

# STEP 2// EXAMPLE

## Spirit/ Relationship with God

**Vision Statement//** *When I am intentional about creating space to enter into God's presence daily, it cultivates inner peace within me, and allows me to be present to my family and connected to my deeper calling.*

**Bible Verse//** *Happy are those whose ...delight is in the law of the Lord, and on his law they meditate day and night. They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither.*

- **Daily**

- Centering Prayer
- Bible Reading, Psalm, Gospel
- Book Reading
- Journal

- **Weekly**

- Attend Church

- **Monthly**

- N/a

- **Annual**

- Review My Rule of Life



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