

Crafting a Rule of Life

"Your personal rule of life is a holistic description of the Spirit-empowered rhythms and relationships that create, redeem, sustain, and transform the life God invites you to humbly fulfill for Christ's glory."

-Stephen Macchia

Simply put, a rule of life is a commitment to live your life a particular way. Crafting a rule of life takes reflection, intentionality, and a goal to work towards. Your rule of life will not be the same forever. You can update it anytime based on your life situation, job changes, family changes, etc. This is a highly personalized practice so, you can write in paragraph form, make lists, or any other format that works. Developing rhythms is the first step.

Spiritual Disciplines

Consider the spiritual disciplines below. Circle or underline a few that stand out to you.

Solitude Refraining from interacting with other people in order to be alone with God and be found by him

Silence Not speaking in a quiet place in order to quiet our minds and whole self and attend to God's presence. Also, not speaking so that we can listen to others and bless them

Fasting Going without food (or something else) for a period

Sabbath Doing no work to rest in God's person and provision; praying and playing with God and others

Bible Reading Trusting the Spirit-inspired words of Scripture as our guide, wisdom and strength for life

Worship Praising God's greatness, goodness and beauty in words, music, ritual or silence

Prayer Conversing with God about what we're experiencing and doing together

Service Humbly serving God by overflowing with his love and compassion to others, especially those in need

Your rule of life will change overtime, but begin by setting an intentional schedule and rhythm to "BE" with Jesus by implementing the disciplines listed above. On the back of this page, create a daily, weekly, monthly, and yearly rhythm that takes these practices into account and start trying it out!

Personal Schedule

Daily:

Example: Read 1 Proverb everyday, pray for 15 minutes & listen to worship music in the car

Weekly:

Example: Fast one meal a week, Take one day off without working from home, wake up early and spend one morning in solitude and silence

Monthly:

Example: Serve 2 Saturdays a month at local non-profit, Fast for one day and use the meal time to pray to God

Yearly:

Example: Take a week long sabbath completely disconnected from work (spend time with God, family, and recharging), Read through the whole bible