

CRAFTING A RULE OF LIFE

"I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing." John 15:5

What?

"A rule of life is a schedule and a set of practices to set up abiding as the central pursuit of your life. It's a way to organize all of your life around the practices and presence of God." –**John Mark Comer**

"A Rule of Life is an intentional, conscious plan to keep God at the center of everything we do. It provides guidelines to help us continually remember God as the source of our lives. It includes our unique combination of spiritual practices that provide structure and direction for us to intentionally pay attention and remember God in everything we do." –**Pete Scazzero**

Rule = Trellis. Every thriving vine needs a trellis structure to hold up the vine so that it can grow upward and bear fruit.

How?

Organize your Rule of Life according to four core pursuits that help us orient our lives around abiding in Christ: **The Presence of God, Transformational Discipleship, Kingdom Community and Sacrificial Mission.** Using this worksheet, identify a few spiritual disciplines that fall under each pursuit. Disciplines to prayerfully consider: Prayer, Silence, Solitude, Scripture, Fasting, Simplicity, Sabbath, Worship, Celebration, Fellowship, Service, and Sacrifice.

Step One: Answer each of the following questions. Write down everything that comes to mind.

The Presence of God: What disciplines will anchor my life with God and help me pursue the presence of God by seeking Him first and above all else?

Transformational Discipleship: What disciplines will help me focus on spiritual formation and my destiny to grow progressively in Christlikeness?

Kingdom Community: What relationships does God use to minister his love to and through me? What disciplines will help me nurture those relationships?

Sacrificial Mission: What gifts, passions, and burdens has God given to me? How can I order my life around giving, serving, and loving sacrificially in my home, church, community, and the world?

Step Two: Look through your answers and ask the Holy Spirit to help you identify 1-3 disciplines in each area that will help you keep God at the center of all you do.

Step Three: Determine when and how you will incorporate each discipline. Daily? Weekly? Monthly? Morning? Evening? What will each discipline look like in your unique context?

Step Four: Fill out the worksheet.

Step Five: Share your Rule of Life with a friend and ask them to check in with you occasionally to see how your abiding in Christ is going. And remember, there is nothing you can do to make God love you more and nothing you can do to make God love you less.



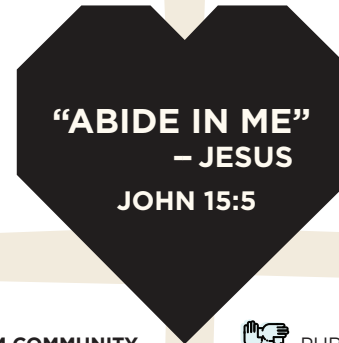
RULE OF LIFE



PURSUIT: **PRESENCE OF GOD**



PURSUIT: **DISCIPLESHIP**



"ABIDE IN ME"
– JESUS
JOHN 15:5



PURSUIT: **KINGDOM COMMUNITY**



PURSUIT: **SACRIFICIAL MISSION**