



RULE FOR LIFE

Desire: *to live a sane and holy rhythm that reflects a deep love for God and respect for how the Creator has made me.*

Definition: *A rule for life offers unique and regular rhythms that free and open each person to the will and presence of Christ. The spiritual practices of a rule provide a way to partner with the Holy Spirit for personal transformation.*

Scripture: *"The one who calls you is faithful and He will do it." (1 Thessalonians 5:24)*

God-given fruit:

- *partnering with the Holy Spirit for deep-down change*
- *choosing personal disciplines in response to hearing from God and with the awareness of your heart's deep desires*
- *resting in the freedom to not do it all*
- *having a God-accessible and obedience-centered life*

Reflection Questions:

1. *What unspoken rules govern your life right now?*
2. *Does the idea of a rule for life appeal to you? Why or why not?*

Spiritual Exercises:

1. *Consider where you are longing to change yet find changing difficult to impossible. Talk to God about this area in your life. Acknowledge your powerlessness to change through your own efforts. Ask God to give you a way of making space for him in the middle of this difficult place. Consider which spiritual practice can provide you with a rhythmic awareness of God's work in and through you to accomplish his good purpose. Consistently practice your discipline. When you fail, gently come to God and begin again.*
2. *A rule for life can act like a plumb line, allowing you a still point from which you can gauge the intentionality of your spiritual journey. On a regular basis look at your life in light of your rule. What do you see? Where is God drawing you? What is giving you life? Where is your life out of control and not centered in Christ?*