

THE RULE



Throughout history, Christ-followers have sought to develop regular disciplines and rhythms to put themselves in a place for the Spirit of God to transform their lives. Over time this practice became known as a Rule of Life. Developing a Rule is not about creating a rigid, legalistic checklist. Rather the Rule we create is a structure for freedom and transformation. With the Rule, we learn to say 'no' to those things of life that cause us to lose sight of God's best for us. With the Rule, we learn to abide in Jesus Christ. With the Rule, we begin to discover the question: what kind of person is God forming me to be right now?

DEVELOPING A RULE

A Rule of Life can be specific to an individual, practiced as a family unit, or even adopted by a community. This Rule will shape the monthly, weekly, and daily rhythms of the person practicing it.

1 PREPARE

Grab a pencil and a notebook, then find a quiet spot. In the notebook, divide a page into four parts:

DAILY

WEEKLY

MONTHLY

QUARTERLY

2 PRAY

As with every practice, start with talking to God. Prayerfully surrender your time and schedule to Him.

3 PLAN

Consider practices and rhythms that will help you to be with Jesus, become like Jesus, and do what He did. Here are common practices used by Christ-followers throughout history:

PRAYER (PHIL. 4:6)

SIMPLICITY (LUKE 16:13)

SCRIPTURE (2 TIM. 3:16)

SABBATH (MK. 2:27-28)

FASTING (MATT. 6:16-18)

COMMUNITY (ACTS 2:42-47)

SILENCE & SOLITUDE (MATT. 14:23)

Start small and set some goals (e.g. spend x amount of time in Scripture each day; take a day for solitude quarterly).

4 PRUNE

Below your rhythm grid, write down the things you will need to say 'no' to in order to honor this Rule of Life.

5 PRACTICE

Put it into practice! Keep in mind: the Rule is a living document. As you practice the Rule, return to it frequently to prayerfully consider what needs to be revised. Then commit and try it again.

FOR MORE ON DEVELOPING A RULE OF LIFE: PRACTICINGTHEWAY.ORG