



# RULE OF LIFE

## What is a rule of life?

All of us are ruled by something. Truth be told, if we were to take a moment and map out our life rhythms and patterns we would be able to see what is most important to us, despite what our mind says is what's most important. The question becomes, would we like what we saw if we slowed down long enough to actually look.

While the word "rule" may come off a bit intense or stressful, the word is not actually what we initially imagine. The Latin word originally referred to a trellis in a vineyard, used to life vines off the ground to maximize fruit production. This picture indicates that a rule of life is a means of maximizing personal effectiveness to match personal values.

Another way of saying this is that we pursue and create inner peace when our life is aligned with our values. The Rule of Life is simply a tool to stop, reevaluate, and restructure our lives to match that of Jesus.

- WEEK 1** For the first week, we will do an honest assessment of what our lives actually look like and how we make decisions in our lives.
- WEEK 2** For the second week, we will begin to pursue the rhythms in our life that help us spend time with Jesus and practice.
- WEEK 3** For the third week, we will look at the habits and choices we make to become like Jesus and create new ways of being present.
- WEEK 4** For the final week, we will reframe and create better ways of existing in the world around us so that we have integrity.







# PERSONAL ASSESSMENT

## Welcome to Week 1

Throughout this next week, you will be taking an honest look at your life and how you have decided what gets space and what does not. This week will require honesty, openness, and approach to the week with prayer. Here's how it will work:

### STEP 1

**Pray.** Each morning, ask God to guide open your eyes to the life you live right now. Feel free to make the prayer your own but here's what it can look like:

*"Good morning God. Please be with me today. Show me more of you and a clearer picture of me as I walk through today. Help me be honest with myself and with you as I take each step today. Thank you for loving me no matter how I live out today."*

### STEP 2

**Assess.** Find a piece of paper or whiteboard that you can use throughout the week. As you live each day, write down what you did that day. Be as specific as you can without getting caught in the details of the activity. The hope is to see all that you do in an average week and begin to recognize the rhythms and choices you've made in your life.

### STEP 3

**Process.** At the end of the week read John 15:1-4, then take your outlined activities and begin to think about the overall picture and mark the list as such:

Underline the things you have to do

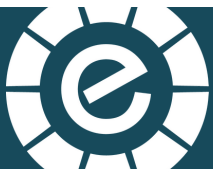
Circle the things that give you life

Box the things that you want to stop doing

Asterisk the things you wonder about.\*

### STEP 4

**Adjust.** This outline of activities will become a platform for creating a healthy rule of life over the coming weeks. Continue to pray for wisdom on how to fill your life.



# PERSONAL ASSESSMENT

## **Week 1 Reflection**

- 1 How did keeping track of your week feel day to day?
- 2 What surprised you about your weekly activities?
- 3 What do your weekly activities indicate you value most in life?
- 4 What needs to change in your life to point to your actual values?



# RHYTHMS WITH JESUS

## Welcome to Week 2

Now that you have done the work to know where you are in your personal rule of life, it's now time to start restructuring your life, starting with your connecting with God. While it may seem wise to add a dozen new habits, but that is the fastest way to frustration. Instead, this week will be about pursuing one rhythm per timeframe.

### STEP 1

Read John 15:5-8. Pick a rhythm to implement daily, weekly, monthly, and yearly on the worksheet. Here are some habits to help start the conversation, but do not limit yourself to this list:

***Silence and Solitude:*** a moment of intentional time in quiet to be alone with God.

***Scripture:*** continually committing to studying the Word of God.

***Prayer:*** spending time talking with and listening to God.

***Fasting:*** a willing of abstinence from food for a period of time to connect with God instead.

***Community:*** sharing in life, conversation, and growth with others in faith.

***Sabbath:*** a day or set period of time for rest, worship, and connecting with God.

### STEP 2

Look at your worksheet and figure out what it will take to maintain these connection points with Jesus. Begin to rethink your daily schedule, current habits, etc to prioritize these new goals.

### STEP 3

Schedule and implement. Don't forget to reassess at the end of the week to see what worked, what didn't, and what needs to shift. Feel free to invite others into this conversation as well.



# RHYTHMS WITH JESUS

## Rhythms Worksheet

	Rhythm	Time/Date	Supplies
Daily			
Weekly			
Monthly			
Yearly			

## Week 2 Reflection

- 1 What do you need to do to make these rhythms possible beyond this week?
- 2 How did the rhythms you tried this week impact your connection to Jesus?



# BECOMING LIKE JESUS

## Welcome to Week 3

Within Christianity, the word "soul" is thrown around as a word to describe some hyper spiritual aspect of humans. While the word in art can reflect some part of us that is not easy to describe, the word actually references so much more. Throughout scripture the word is used to describe the whole being of a person: how we feel, how we think, how we relate to others, how we connect to the physical and so much more. It is easy to get lost in the trap of pursuing God only in a spiritual sense but God's desire for us as humans is to be complete and whole in all areas of life. We are not souls with a body but souls embodied.

### STEP 1

Continue to engage in the rhythms you set in the past week. As you participate in those activities, begin to take a look at your close world by assessing how you handle yourself: physically, spiritually, emotionally, and relationally.

### STEP 2

After doing some assessment, go to the worksheet and fill in the ways you care for that aspect of your life. If there are people in your life already that help in these areas, make sure to include their names.

### STEP 3

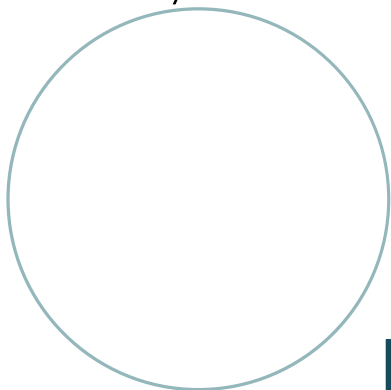
Now that you have taken an honest look at how you live in all areas of your life, the goal is to begin to shape our lives around Jesus. The great news is that we grow in community. Invite one or two people who love Jesus to look at your worksheet with you and discuss what meaningful change might look like and how to get there. Invite this person or people into this journey as accountability as you implement one or two meaningful changes for the next several weeks.



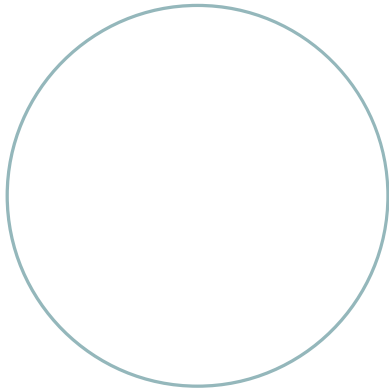
# BECOMING LIKE JESUS

## Personal Web Worksheet

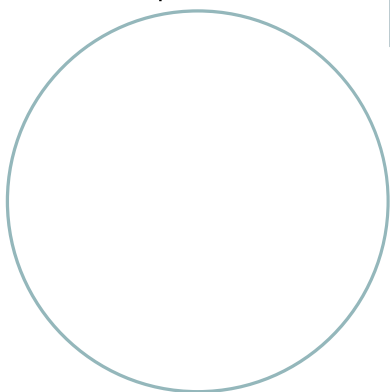
Physical



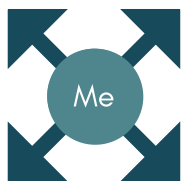
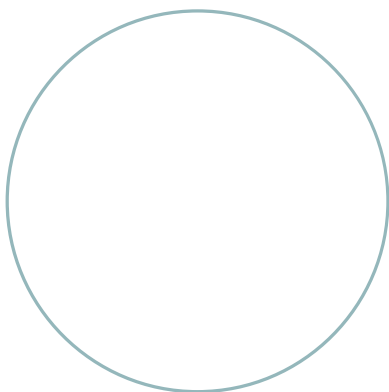
Emotional



Spiritual



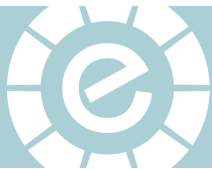
Relational



## Week 3 Reflection

- 1 What area of your life do you take care of the most?  
What area of your life have you neglected? Why?
- 2 How have these areas impacted one another (i.e. how has your physical world impacted your emotional health)?





# ACT LIKE JESUS

## Welcome to Week 4

Discovering that Jesus cares about all aspects of our life changes everything. Suddenly, Jesus wants a better life for us in how we engage in the outside world not just our personal world. Look up. How are you living in the world around you? How do you interact with money? Culture? Your neighbors? Your coworkers?

### STEP 1

Read John 16:5-15. We have the gift of the Holy Spirit to help us interact with the world around us. The Holy Spirit will help us reflect on how we live and encourage us to act more and more like Jesus.

### STEP 2

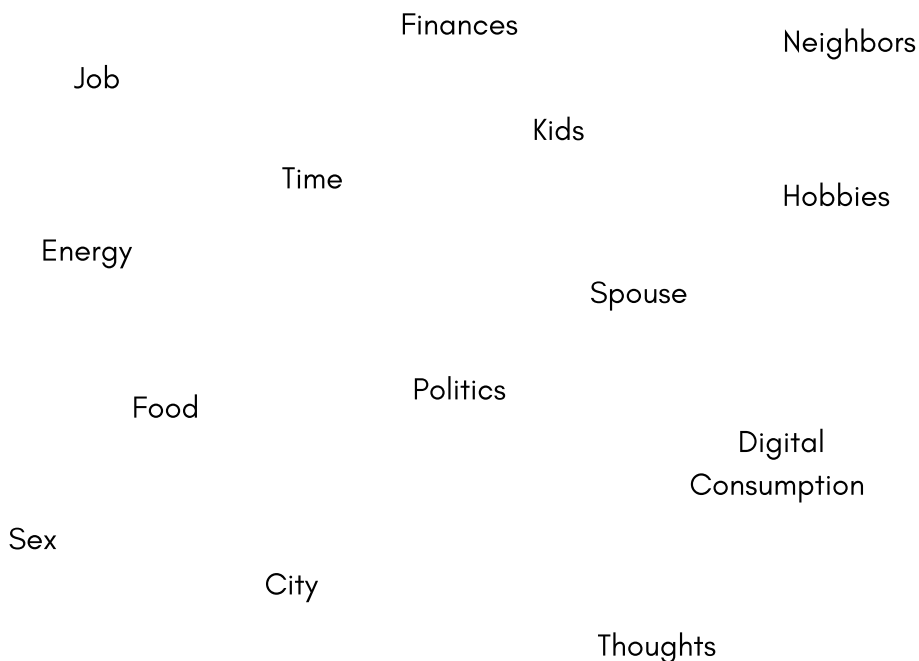
Look at the worksheet on the next page. On the page there outside aspects of your life. The question you need to ask is who is in charge of each category? The follow up question is, how do you know? Under each item, write who is honestly in charge.

### STEP 3

We all have areas that the Holy Spirit is not in charge. We all have areas that we take control over because we think we know best. For each area in your life that you are learning to let go of control, grab a scrap of paper and write that item on the scrap of paper. Each morning, pray that the Holy Spirit would be in charge of that area of your life. Carry that scrap of paper everywhere you go and whenever you touch that paper, pray again.



# ACT LIKE JESUS



## Week 4 Reflection

- 1 Why is it so hard to trust the God to lead in these areas of your life?
- 2 How can you continue to pass these areas of life on to God on a regular basis?
- 3 As you prayed over these areas of your life, what changed in how you handled that area?
- 4 Looking at all the work you have done over the past four weeks, what areas of your life are now a priority and value?
- 5 How can you add assessment and reevaluation into your routine to build on what you've created these weeks?