



A RULE OF LIFE

A LITTLE ABOUT A RULE OF LIFE

The world screams for our attention, time and energy. It's tech notifies us, beeps at us, even tells us it misses us. Advertising wants to make us feel guilty, not enough, not complete, and the Media runs on fear and anxiety. The world wants to form us into who they want us to be. They have a plan for our Discipleship. They are intentional. It's clear we are all Disciples. The question is of who?

A Rule of Life seeks to work against the above. Not as a law or a restrictive practice that earns us God's favour, or even as a way to get us something more than the Grace that God has already given. Instead a Rule is a "Measure"; a way to measure what we take on, what we do with our time, energy and attention and of course a way to Intentionally point that towards Jesus, allowing us to "Abide in Him", to "Follow" as he asks all of His Disciples.

St Benedict 6th Century called it a "A Framework for Freedom"

KEY VERSES

Matthew 4:19

Philippians 4:8

2 Peter 1:5-10

Psalms 119:103-106

John 15

Deuteronomy 4:9

Romans 12: 2

2 John 1:9

TEACHING



Scan the QR code for Teaching & further
resources



SMALL TABLES

TREKING TOGETHER

FORM

THIS MONTH FIND SOME PEOPLE TO COMMIT TO MEETING REGULARLY WITH THROUGH THE YEAR AND WORK THROUGH THE "RULE OF LIFE" TOGETHER. REFLECT ON THE PASSAGES GIVEN AND ASK YOURSELVES THE FOLLOWING QUESTIONS WHEN YOU CATCH UP.

QUESTIONS

WHAT IS GOD SAYING TO YOU THROUGH THIS PRACTICE/SCRIPTURE?

WHAT ARE YOU WRESTLING WITH IN TERMS OF THIS PRACTICE?

WHAT'S ENCOURAGING YOU ABOUT THIS PRACTICE?

WHAT IS GOD ASKING YOU TO DO, MOVING FORWARD?

CONSIDER HOW THIS GROUP COULD HAVE A COLLECTIVE "RULE OF LIFE" FOR THINGS LIKE 'HOW OFTEN YOU MEET? WHERE YOU MEET? WHO PREPARES WHAT?'



STEPS TO WRITING A RULE OF LIFE

STEP 1:

PRAYER & REFLECTION: SET SOME TIME ASIDE, EITHER BY YOURSELF OR WITH SOMEONE ELSE / SMALL TABLE, INVITE GOD INTO THE YEAR AHEAD AND ASK HIM TO STIR IN YOUR DAYS/WEEKS/MONTHS/YEAR

STEP 2:

PRAYERFULLY WORK THROUGH EACH LIFE CATEGORY (SEE NEXT PAGE). CONSIDER PERSONAL OR SMALL TABLE/ FAMILY PRACTICES/ PREDICTABLE PATTERNS THAT WOULD BRING ABOUT DISCIPLESHIP & MISSION IN THOSE AREAS OF YOUR LIFE

STEP 3:

START TO DRAFT YOUR RULE OF LIFE BY FILLING OUT EACH TIMEFRAME

STEP 4:

GIVE IT A SPIN! SPEND A FEW WEEKS LIVING INTO YOUR RULE OF LIFE AND SEE HOW IT FEELS.

IS IT BURDENSOME? BORING? LIFE GIVING? HARD BUT HELPFUL?
CONSIDER WHAT'S WORKING AND WHAT'S NOT WORKING?
WHAT'S BRINGING YOU LIFE? WHAT'S DRAINING YOU?

TALK ABOUT IT WITH A PARTNER/ SMALL TABLE

STEP 5:

REVISE AND COMMIT FOR AN EXTENDED SEASON
(A MINIMUM OF THREE MONTHS AND MAXIMUM OF A YEAR).
OVER THAT TIME PERIOD, CREATE SPACE FOR REFLECTION VIA JOURNALING,
CONVERSATION WITH MENTORS/ SMALL TABLES.

ASK YOURSELF IF THIS IS ULTIMATELY HELPING YOU ABIDE IN JESUS & BECOMING MORE LIKE HIM & THEREFORE EXTENDING HIS KINGDOM



LIFE CATEGORIES

Some areas to consider when writing a Rule of Life.

Abiding

Are we intentionally leaning into Christ each day? Do we know who He is & who we are in Him?

Examples:

Prayer/Fasting/Scripture Reading the Bible etc

Relationships

We first love God, but are we also loving others? Are we growing deeper relationships with those around us?

Examples: Regular phone calls, Coffee catch ups, Date nights, Intentional time with kids.

Work & Finance

Seeking God's voice & Kingdom in our work life & finance is game changing. How does God see us using our skills & gifts this year? How would he order our Budget?

Examples: A Sabbath Practice, A pre or post work week reflection practice, Creating a generosity account for spontaneous generosity, or a planned budget line for Church & Mission Support?

Church Family

Are you simply an attendee of the church or are you a participator? What Gifts or ways can you serve and build up this kingdom bringing invention known as "Church"

Examples: Jumping on a roster for serving the Sunday Services, Connecting with people in the church and building relationships. Participating in the tools & practices the church has developed to help your spiritual growth. Eg. Small Table, Prayer nights.



LIFE CATEGORIES

Some areas to consider when writing a Rule of Life.

Hospitality & Mission

Are we intentional this year about reaching out and loving others? What predictable patterns do you have in your year that means people will be 'in danger' of meeting Jesus around you?

Examples: How often would you have someone over for dinner/ grab a coffee? How could you bless people in your life? How could you participate and cultivate kingdom culture in your workplace/ family / neighbourhood?

Mental & Spiritual Health

Our Bodies are the temple of the Holy Spirit, this means they are tools for Kingdom purpose. Are we looking after them as such?

Examples: Are you eating, sleeping, exercising in ways that allow us to be at our best?

Rule of Life - Planning Tool

Subject	Abiding	Relationship	Work & Finance	Church Family	Hospitality & Mission	Mental & Spiritual Health
Daily						
Weekly						
Fortnightly						
Monthly						
Semesterly/ Yearly						