



ABIDE

An Invitation to Abide

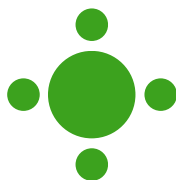
The world screams for our attention, time, and energy. Its tech notifies us, beeps at us, even tells us it misses us. Advertising wants to make us feel guilty, not enough, not complete, and the media runs on fear and anxiety. The world wants to form us into what it wants us to be. They have a plan for our discipleship. They are intentional and very good at it. It is not a question of whether we are disciples; the answer is yes, everyone is a disciple. The question is: who are we disciples of?

The invitation to abide comes straight from Jesus. He invites us to remain in him and him in us. To allow him to shape us, form us, mould us in his ways, truth, and towards a life of purpose and peace.

The tool we are mostly practicing as we explore this 'Way of Jesus' is called a Rule of Life. It's a guide consisting of boundaries, habits, and rhythms. We commit to and explore these to flourish in our discipleship to Jesus. This is not a legalistic set of rules that are poor attempts to please God. No, this is about practice, not performance and effort, not earning. This is a way of stewarding our time, energy, and life well as worship in response to what Jesus has done and is doing.

Intentionally seeking a Christ-centered life

Online & Small Table Communities



A central part of following the ways of Jesus is embracing community. The challenging yet joyful experience of working alongside others is fundamental to both personal formation and the essence of the church. Below, you'll find links to engage with our online community at various levels. Our first guide in this book is dedicated to forming small, formational communities, which we refer to as 'small tables.' If you're curious about these small communities and would like more information, please feel free to reach out through the social media links or email provided on this page.



Scan the QR code for Some
Trek Discussion Videos



We would love to connect with you and others via our socials or our website.



Or email us at
info@transformationtrek.online

A few key verses

Matthew 4:19

2 John 1:9

2 Peter 1:5-10

Philippians 4:8

Romans 12: 2

Psalm 119:103-106

A key passage for on-going reflection

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. 6 If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned.

7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. 8 This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.

John 15:5-8

We encourage reading all of John 15, This passage can be found online here:



bible.com/bible/111/JHN.15.NIV

Steps for 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. Consider Personal or Small Table/ Family Practices/ Predictable Patterns that would bring about Discipleship to Jesus & Kingdom Participation in those areas of your life.

Step 3.

Start to Draft your Rule of Life by filling out each Timeframe (Daily, Weekly, etc).

Steps for writing a Rule of Life (Cont.)

Step 4.

Give it a go. 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 is bringing you life? What's draining you?

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 Table.

Ask yourself if this is ultimately helping you abide in Jesus & becoming more like him & therefore extending & participating in His Kingdom



Formation Factors

*Key Factors & Questions to consider
when exploring our formation*

Habits/Practices

How are we spending our time?

What patterns, habits, or practices, whether intentional or unintentional, make up our days, months, and years?

How are they shaping us?

Relationships

We are called to love our neighbour, which means showing love and respect to everyone. However, in terms of our formation:

Who are those that have permission to speak into our lives?

Who keep us accountable, lift's us up, prays for us, and we do the same?

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Our Story/Paradigm

Somewhat meta but essential. The story we live in shapes our actions and who we become. For example: are you a result of randomness or trapped in a cosmic test where you must earn love and significance daily? Alternatively, are you designed for a purpose, redeemed through Jesus, and offered a chance to collaborate with God in creating goodness and beauty both in and through your life. Your Narrative matters.

How do you internalize this narrative?

What does it take to keep reminding yourself of Gods truth about you and this life?

A rule offers creative boundaries within which God's loving presence can be recognized and celebrated. It does not prescribe but invites, it does not force but guides, it does not threaten but warns, it does not rigidly confine but it keeps you moving in the right direction.

Henri Nouwen



Life Categories

Some areas to consider when writing a Rule of Life. Feel free to add your own categories

Hospitality & Loving Others

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 you to be at your best?

Digital Discipleship

What are you watching? What are you scrolling through?

Technology isn't evil in itself, but it is formative. What are you spending your time consuming and producing on this technology?



Life Categories

Some areas to consider when writing a Rule of Life. Feel free to add your own categories.

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.

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/post work week reflection practice, Creating a generosity account for spontaneous generosity or a planned budget line for Church & Mission Support?



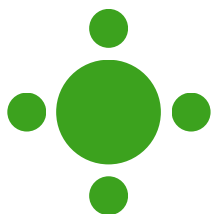
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Creativity & Building

What are you making? What are you building? What are you creating? Is it life-giving, Spirit-inspired, for the common good? Not every job or creative endeavour needs to be spectacular or big, but it's worth asking how it contributes to the greater good through your creativity and passions.

Examples: Community Projects, Music, Volunteering, Neighborhood causes, Art, Hobbies, Sport



A Quick Note: A Rule of Life can be incredibly helpful for an individual's formation. However, they can also be powerful tools for small groups or what we call 'small tables' to explore. In fact, having a Shared Rule of Life can be a game-changer. If this is something you would like to explore further, head to

*TransformationTrek.online
for more resources and details*



My Example

While all of this is a choice, I typically opt for a personal vision statement for my year. Mine for 2024 is as follows:

I am on a journey to become more like Jesus and participate more deeply in His Kingdom. My goal is to be fully present with His Spirit, listening and obeying more radically. I aim to embrace His rest and peace, recognizing His ongoing work in me. I am committed to developing habits, relationships, and worship that help shape me into a non-anxious, present, and Spirit-filled individual who acts intentionally and creates deeply

Using the steps and categories mentioned in this guide, I will complete the form below

Subject	Abiding	Relationships	Work & Finance
Daily	Invite God & His Spirit into each day. To begin the day with an invitation.		Cut back on buying snack foods, prepare my meals better. Pray for God to be a part of my day and work
Weekly	Personalised Bible Reading, not for my work, or my kids, or anyone else but for me and God.	Weekly date nights with my Wife. Both simple and fancy.	Follow a To-do List Schedule my day/week into blocks
Fortnightly			Audit/reflect on my fortnight. The work and to do list, on a Thursday afternoon.

My Example

(Continued)

I continue onto the other categories, including my own personalised ones.

Subject	Digital Discipleship	Creativity & Building		
Daily	Replace all morning and some evening scrolling with apps like Lectio 365, & personal Bible App usage.			
Weekly				
Fortnightly	Listen to a Christian sermon or Christian leadership podcast a fortnight	Spend some real time writing scripts and being creative around media and the Arts.		
Monthly	Reduce my phone usage overall. Downgrading phone to a Simpler less distracting phone to allow for boundaries.			

As part of this process, I discuss with my wife, then with our family, and finally with a small, trusted community to clarify individual commitments, marriage commitments, family commitments, and commitments within smaller groups or tables and then I will try it, refine it, play with it, wrestle with it and reflect if it's working at certain points. This is not a hard and fast law, it's a framework that allows us to intentionally abide in Jesus.

Rule of Life - Planning Tool

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

Rule of Life - Planning Tool

Subject	Digital Discipline	Creativity & Building					
Daily							
Weekly							
Fortnightly							
Monthly							
Semesterly/ Yearly							