

Rule of Life: A schedule and set of practices* and relational rhythms that center our life around three driving goals: to be with Jesus (abiding), to become like Jesus (sanctification), and to do what He did (Area of Destiny).

*The Practices (Aka Spiritual Disciplines) are the building blocks to our Rule of Life. They are *our* part in our spiritual formation. When we faithfully and repeatedly practice these, we are creating time and space for God to transform us from the inside out. These practices are not the goal in and of themselves, but a means to our goal (or telos) and unlike secular versions of these practices (like mindfulness, meditation – which are good but not enough) practicing the way of Jesus opens up our mind and body to a power that is far beyond us - that of God Himself. Therefore, to practice solitude or simplicity isn't about saying "I'm a minimalist now!" but about becoming a person who is marked by calmness, peace, slowing, being present in the moment and not in a hurry. It's all about becoming like Jesus and living in the goodness of God and His kingdom!

The Way of Jesus / Practices / Spiritual Disciplines:

01 – Sabbath	06 – Scripture
02 – Prayer	07 – Community
03 – Fasting	08 – Service
04 – Solitude	09 – Witness
05 – Generosity	

Resources: Practicingtheway.org/ / [Rule of Life Podcast](#) / [Rule of Life Workbook](#)

Tips:

01 – Start Small

- Don't overdo it - begin with tiny habits and build from there. Don't get caught up in the "first week of lent syndrome," Ask yourself: *How do I enjoy God the most*, and start from there!

02 – Think Subtraction Not Addition

- Hurry is the great enemy of the spiritual life. Do a "clutter" audit on your life and make a decision to reasonably remove things that don't contribute to centering your life on Jesus. Make space, clear your life, not clutter it.

03 – You Get What You Put In

- The more you give yourself to Jesus the more space you open up for God to change you.

04 – Remember The J Curve

- There might be some things you're going to need to UNlearn and that's OK. Oftentimes when we start something new towards something better we get worse before we get better. Just stay with it and resist the urge to critique yourself. Gently set aside your questions (i.e. am I doing this right?) and be patient. It's going to be a slow process of trial and error based on how God made you.

05 – There Is No Formation Without Repetition

- God is at work in you through the things you'll do repeatedly. There is great joy to be found in repetition if we can learn to slow down and delight in the present moment.

Rule of Life Template:

**There is more than one way to go about this. Take time to consider what works best for you, your family, your community in your unique God-given context.*

	Daily	Weekly	Monthly	Seasonally	Annually
Sabbath					
Prayer					
Fasting					
Solitude					
Generosity					
Scripture					
Community					
Service					
Witness					

Examples baseline practice: *(To go beyond baseline means that one can decide to go deeper within each practice according to their own expression. For example: Instead of a daily brief time of solitude, perhaps doing an hour of solitude on any given day is something you'd want to grow into. This process is meant to grow over your lifetime.)*

Sabbath - A weekly Sabbath from sundown to sundown

Solitude - A daily time in silence to begin or end your day

Prayer - Daily prayer rhythm (TLCC.org/prayer)

Community - Weekly participation in your LIFE Group and Sunday gatherings

Scripture - Daily reading of Scripture

Fasting - A weekly fast until sundown

Generosity - Giving away 10% of your income monthly with special attention to the church and the poor.

Service - A monthly act of service to the poor with aim of kinship

Witness - A monthly act of hospitality and regularly praying by name for one person in your life who doesn't know Jesus