

# Following Jesus with a Rule of Life

Week 2



This January, we want to take time to ask ourselves the question, "How am I intentionally walking with Jesus?" To help you do this, we want to invite you to craft a Rule of Life.

**RULE OF LIFE DEFINITION:** A Rule of Life is a schedule and set of practices and relational rhythms that help us create space in our busy world for us to be with Jesus, become like Jesus and do what He did. Namely, to live "life to the full" (John 10v10) in His Kingdom and in alignment with our deepest passions and priorities.

**HOW DO I BEGIN TO CRAFT A RULE OF LIFE?** Crafting a Rule of Life begins by considering what your current Rule of Life is. Last week we invited you to create a time journal which provides you with the raw data and personal reflection needed to get started well. The next step is to *consider your current Rule of Life*. Pastor Norb invited us to view our "rule" or rhythms, practices and habits from the following angles (think of a S.P.I.R.E):

**Spiritual:** Our life with God.

**Physical:** Stewardship of our bodies.

**Intellectual:** Our creative outlets and ways in which we expand our knowledge and skills.

**Relational:** Connection, health and vulnerability with others within family, friendships and church community.

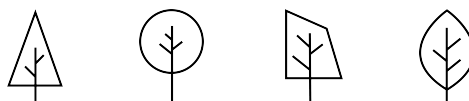
**Emotional:** The condition of our thoughts and feelings, our outlook and disposition towards life.

On the reverse of this sheet, using the above categories, fill out the Rule of Life sheet to the best of your ability. You very likely already have practices, habits, and rhythms that speak to stewarding each of the five areas. For example, a daily walk of the family dog is a daily physical practice; a weekly call to a friend is a relational practice; daily Bible reading and prayer are spiritual practices; writing in a thankfulness journal daily is an emotional practice; daily or weekly time spent reading could be an intellectual rhythm. This document is for you alone to reflect on what is, and to fill it out without judgment.

The next step is to then reflect on your current Rule of Life and ask yourself, "Are these currently helping me move towards being with Jesus, becoming like Him and doing what He did to experience life to the full?" And, "What is missing from my current rhythms, habits and practices?" From this, may emerge two considerations: 1) What needs to be removed or dialled back in my life (TV use or over commitments), and 2) What needs to be added?

Now, begin editing your current Rule by asking what should be taken away or dialled back, and what should be added. As you do, do not forget that a Rule of Life is a means to an end, a way to intentionally follow Jesus. The end is to be with Jesus, become like Him, and do what He did. Or as Jesus put it, to abide in the vine and "bear much fruit."

Start small: As with creating any new set of goals, it's tempting to over-reach and attempt to live like a monk from day one. That is a strategy bound to fail! Start where you are, not where you feel you should be. Unrealistic goals just leave us discouraged and disillusioned. Doable, enjoyable goals move us forward in our spiritual formation. This week, add and/or remove one or two things. Be incredibly intentional in taking these first steps.



## Identifying Your Current Rule of Life

	Spiritual	Physical	Intellectual	Relational	Emotional
Daily					
Weekly					
Monthly					
Annual					

