

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.

What is the rule of life?

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 Jesus did— to live life "to the full" (John 10:10) in his kingdom, and in alignment with our deepest passions and priorities. The rule is a support structure to organize our life around, so that we can bear the most amount of fruit, and keep ourselves free of predators and disease. Here a word picture is helpful- picture a trellis that is being used to support a vine. As the vine grows up the trellis, support is given to the vine so that fruit can be produced in a healthy way. It has adequate space and air, as well, it is not left on the ground where it is vulnerable to rot and bugs.

Why do we want a rule of life?

We desire our lives to bear fruit (namely, to grow in the fruit of the spirit- love, joy, peace, etc) and to rid ourselves of those things that prevent us from experiencing God's presence, power and favour daily. In order to do this, we need to model our lives after the life of Jesus. If we want to become like Jesus, we need to behave as Jesus behaved.

It has been said that we achieve inner peace when our schedule is aligned with our values. A rule of life is a tool to this end. It is first and foremost a life-giving structure for freedom, growth, and joy.

Invitation to create a Time Journal

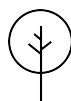
It is important to observe our behaviours, habits and patterns. We are all given 24 hours each day, and we have many activities that anchor our days, such as, sleeping, eating, and working. We invite you, this week, to put on your "scientist hat" and to observe your own life. How do you spend your time each day? You may have undertaken a similar activity in another area of your life before. Some of us have done a diary of the foods we have eaten in a day or a week. This is similar. Using the back of this page, we invite you to fill in the 30 min blocks and record, in detail, how you are spending your time. This will produce for you the "raw data" you need to observe your current rule of life.

This is not an easy task to do for yourself. The reality is you will modify what you are doing simply because you are writing it down. That is completely natural, and normal. Our encouragement is to just go for it. Don't get too bogged down in the details, and don't evaluate at this time, just imagine yourself as an observer of your own life to become mindful of your daily rhythms.

There will be time later to change or replace some of your current time expenditures so that they more closely align with your desire to become more like Jesus. But we ask that you resist that temptation this week and simply engage in the exercise of self-observation.

Getting started - Below you will find a helpful verb list for your daily schedule. Please note the below activities are only suggestions to help you get started. Please notice the detail involved. We also ask that you log activities after they happen. Do not use it as a planner of what you anticipate doing, but use it as a type of journal, logging what you have actually done. For example, while you anticipate attending work for 8 hours, it may be interrupted or time used during that 8 for other activities. Do your best to make your log an accurate representation of reality.

Sleep	Bible reading	Shopping	Walk	Social Media
Watch/listen to News	Silence and Solitude	Date night	Work	Errands (be specific)
Email	Pray	Nap	Commute	Family time
Call Friend	Church attendance	Eat	Shower	Play with Children
Play Sports	Church Event	Cook	Get Dressed	
Watch Sports	Socializing	Clean/ Housework	Homework	
Training/Workout/Exercise	Budgeting	Read	Watch TV	



Time Journal



TIME:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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