

## My Rule of Life

(Fill in your rule of life with activities found after the Rule of life boxes)

	Daily	Weekly	Monthly, Seasonally, Annually
<p><b>Sabbath</b></p> <p>We become a community of rest in a culture of hurry and exhaustion through the practice of sabbath</p>			
<p><b>Prayer</b></p> <p>We become a community of <b>communion with God</b> in a culture of <b>distraction and escapism</b> through the practice of <b>prayer</b></p>			
<p><b>Fasting</b></p> <p>We become a community of <b>holiness</b> in a culture of <b>indulgence and immortality</b> through the practice of <b>fasting</b></p>			

<p><b>Solitude</b></p> <p>We become a community of <b>peace and quiet</b> in a culture of <b>anxiety and noise</b> through the practice of <b>solitude</b></p>			
<p><b>Generosity</b></p> <p>We become a community of <b>contentment</b> in a culture of <b>consumerism</b> through the practice of <b>generosity</b></p>			
<p><b>Scripture</b></p> <p>We become a community of <b>courageous fidelity to orthodoxy</b> in a culture of <b>ideological compromise</b> through the practice of <b>scripture</b></p>			

<p><b>Community</b></p> <p>We become a community of <b>love and depth</b> in a culture of <b>individualism and superficiality</b> through the practice of <b>community</b></p>			
<p><b>Service</b></p> <p>We become a community of <b>justice, mercy, and reconciliation</b> in a culture of <b>injustice and division</b> through the practice of <b>service</b></p>			
<p><b>Witness</b></p> <p>We become a community of <b>hospitality</b> in a culture of <b>hostility</b> through the practice of <b>witness</b></p>			

## Activities

(remember you are not limited to this list, you can come up with your own activities as well)

### **Sabbath**

#### Weekly

- Set aside time to enjoy beautiful things (poetry, art, nature, music)
- Refrain from buying and selling on the sabbath
- Host or attend a sabbath feast
- Get together with a close friend
- Have family time
- Make love (if you're married)
- Go on a walk in nature
- Spend time in quiet
- Observe a 24-hour Sabbath

#### Monthly, Seasonally, or Annually:

- Take a long annual vacation
- Go on a sabbatical
- Go on a day or weekend retreat

### **Prayer**

#### Daily

- Practice Gratitude prayer
- Petition God with your needs
- Intercede for others
- Spent time listening to God's voice
- Pray through a psalm
- Worship with music
- Pray the Examen (a prayerful reflection on the events of the day)
- Journal your prayers and God's voice
- Pray from a Lectionary
- Practices contemplative prayer
- Pray at set times throughout the day

#### Weekly

- Go on a prayer walk
- Pray with your family or community
- Take a longer time of quiet prayer

#### Monthly, Seasonally, or Annually

- Engage in inner healing prayer
- Host or attend a community prayer night

## **Fasting**

### Weekly

- Give the money you would have spent on food to the poor
- Fast a full 24 hours (from dinner to breakfast two days later)
- Fast from one meal
- Fast two days weekly
- Fast until sundown (missing breakfast and lunch)

### Monthly, Seasonally, or Annually

- Fast with your community
- Fasting one or more days
- Take a solitude day for prayer and fasting

## **Solitude**

### Daily

- Take an undistracted lunch break
- Schedule 10-minute windows of stillness throughout your day
- Journal
- Have a technology-free hour before bed
- Set aside a morning time of quiet prayer

### Weekly

- Set aside one day of no phone
- Schedule one night of no activities
- Schedule an hour of relaxation to connect with God

### Monthly, Seasonally, or Annually

- Schedule a quarterly retreat
- Take a solitude day (or time away from daily responsibilities)
- Go on an overnight retreat

## **Generosity**

### Daily

- Actively look for an opportunity to bless someone
- Wait 24 hours before purchases

### Weekly

- Budget a weekly gift to church or those in need
- Simplify your possessions in order to give things away
- Take time away to prayerfully review the week's spending
- Tithe

### Monthly, Seasonally, or Annually

- Give to a ministry, charity, or cause
- Set aside money for a “blessing fund” (money set aside to bless others in need)
- Do a random act of giving
- Tithe
- Sponsor a child
- Review your finances (i.e., your budget and spending, bank statements, investments etc.)
- Schedule a meeting with a financial counselor or planner

## **Scripture**

### Daily

- Practice Lectio Divina
- Memorize Scripture
- Listen to Scripture
- Meditate on a psalm
- Read with a daily reading plan
- Daily Devotion with my wife and kids

### Weekly

- Read an entire book of the Bible in a single sitting
- Listen to a teaching
- Study biblical commentary or words
- Read books on biblical themes
- Read a devotional or Scripture with a loved one

### Monthly, Seasonally, or Annually

- Take an online class or course

## **Community**

### Daily

- Spend time with kids
- Ask deep questions to start conversations
- Schedule time of emotional connection with spouse or close friend
- Call a friend to check in
- Practice active listening

### Weekly

- Eat a meal with your community
- Give an intentional blessing to your spouse or another
- Attend a Bible study or life group
- Attend a Sunday gathering
- Discern ways you’ve sinned and confess it to a trusted person
- Date or family night
- Give an encouragement or affirmation to someone

- Receive communion with others
- Take a friend to coffee or a meal
- Call, visit, or write a note to a loved one
- Host a dinner or game night
- Exercise with a friend

#### Monthly, Seasonally, and Annually

- Coffee time with someone
- Host someone for dinner
- Host a party, prayer, or worship night
- Do an activity with your family or community (hiking, beach day, serving, etc.)

### **Service**

#### Daily

- Do something kind for someone and tell no one (discipline of secrecy)
- Embrace your work or parenting as service
- Help with chores
- Look for ways to bless or serve another

#### Weekly

- Volunteer at your church or a local nonprofit
- Visit an elderly neighbor, family member, or community member
- Bring a meal to someone in need
- Look for ways to intentionally bless or serve your neighbors
- Build relationships with the poor
- Mentor at-risk youth or children
- Practice hospitality toward those in need

#### Monthly, Seasonally, or Annually

- Support a family who is fostering a child
- Look for ways to grow as an ambassador of justice and peace
- Look for ways to serve those around me
- Dedicate a day or workshop to improve your craft
- Go on a mission or service trip

### **Witness**

#### Daily

- Look for opportunities to pray with people for healing
- Listen for and share a word from the Holy Spirit with another
- Be present and unhurried
- Pray for coworkers and leadership
- Pray for specific people to come to God
- Bless people intentionally
- Look for opportunities to listen to someone's story

## Weekly

- Invite a friend to church
- Pursue relationships across racial, ethnic, and socioeconomic lines
- Check in with coworkers, neighbors, and friends
- Schedule margin in your schedule for God to move
- Do something kind for someone randomly
- Invite coworkers, neighbors, or strangers into your life and activities
- Invite someone who doesn't know Jesus over for dinner
- Look for Opportunities to listen to someone's story

## Monthly, Seasonally, or Annually

- Invite a coworker to coffee
- Invite a friend to life group