

## THINKING ABOUT A RULE OF LIFE

### KEEP THESE THINGS IN MIND

'Regula' = rule, pattern, model, example.

A 'Rule' is an intentional, ordering of our life that cultivates the ground from which we experience the presence of God and grow into His likeness. This experience should serve to **align** your life with God's desires, and should aim your life toward the goal—living with increased intentionality, developing healthy habits and disciplines through which the grace of God forms our spirit, our mind and our body.

A pattern, model for ordering your life. (Thornton, Martin, *Christian Proficiency*)

- A 'rule' should be a help, not a hindrance.
- A 'rule of life' means to an end, not the end itself.
- It should be liberating, not restrictive.
- Embraced, not promised.
- We should resist legalism. (a rule should grow out of and create delight)

Keep in mind:

1. The rule should be made in consultation with a director.
2. It should fit your life (the soul should grow into it).

The rule should be simple and efficient.

Should not be too easy, should not be too difficult.

(Thornton, Martin, *Christian Proficiency*)

### HOW TO BEGIN

A rule of life is a set of guidelines that support or enable us to do the things we want or need to do. (Macchia)

Start by listening (To God, to community)

In order to live with intention and purpose, we should clarify:

- Our deepest values.
- Our most important relationships.
- Our most authentic hopes and dreams.
- Our most meaningful work.
- Our highest priorities.

### KEEP THE GOAL IN MIND

Define the goal and purpose.

- Ask God to help you discern His desires for you, *with His glory in mind*.
- Consider rhythms for prayer, worship and community.
- Experiencing the Presence of God.

What do I desire from this practice (what are my goals)?

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What is the purpose of this 'Rule of Life' (in one sentence)?

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1. What do I need to add to my life? (develop virtue)
2. What do I need to limit in my life? (moderation)
3. What do I need to take away? (eliminate distractions)

Spiritual Practice	Adding Virtue	Living in Moderation	Eliminating Distractions
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**POTENTIAL CATEGORIES** (Macchia, Stephen. *Crafting A Rule of Life.*)

<b>Time</b>	Spiritual priorities
<b>Trust</b>	Relational priorities
<b>Temple</b>	Physical priorities
<b>Treasure</b>	Financial priorities
<b>Talent</b>	Missional priorities

(Macchia, Stephen. *Crafting A Rule of Life.*)

**EXAMPLES**

Prayer	Intentional time with spouse/friends	Mentoring Opportunities
Quiet	Budgeting Finances	Exercise Plan
Listening	Limiting Social Media, TV, Alcohol	Rest/Leisure—Vacation, Hiking
Eucharist	Accountability/Friendship	Reading Goals