



RULE OF LIFE WORKSHEET

(adapted from Pete Scazzero's Emotionally Healthy Leadership)

Step 1: Write down everything you currently do (or hope to do) that nurtures your spirit and fills you with delight (e.g. people, places, activities).

We encourage you to think more broadly beyond such activities as prayer, going to church, worship, and Bible reading. Your list may include gardening, walking the dog, being in nature, talking with close friends, cooking, painting, hobbies, or anything else. List them all!

Step 2: Write down the activities you need to avoid, limit, or eliminate that pull you away from remaining anchored in Christ.

This refers to avoiding certain things that impact your spirit negatively such as violent movies, excessive social media involvement, commitments that take you beyond your limits.

Step 3: What are the challenging “have to’s” in the next 3-6 months of your life that will impact your rhythms?

(e.g. caring for aging parents, a special needs child, a demanding season at work, moving, health issues)

Step 4: Fill in the Rule of Life worksheet below as you consider your next 3-6 months. Ask God what He is inviting you to focus on during this season?

Some tips:

1. **Listen** to your heart's desires when discerning your Rule. God often speaks to us through them.
2. Make sure your Rule includes **some joy, play, and fun**.
3. **Take baby steps**. Don't make your rule impossible to follow.
4. Give yourself a lot of **grace** to experiment, engage in trial and error, and discover the yoke that fits you and your season of life. This “trellis” is meant to free you not enslave you. Reject perfectionism and a heavy yoke that crushes.
5. Figure out how much **structure** you need – a lot or a little. Debra Farrington in her book, *Living Faith Day by Day* writes:

“Over the years I’ve also struggled with the amount of structure to build into a rule. People I respect deeply have detailed rules with set times for prayer, and so on. They tell me that if they don’t get up at 6:30 each morning and take a half hour of prayer time that they will never get to it during the day. But that doesn’t work for me. It makes my spiritual life into something to add to my to-do list, and it becomes a chore and not a blessing. Over the years I have found that my rule for prayer needs to be more open- ended. I am committed to praying daily, but how and when I do that varies from day-to-day.”

List of Practices:

This list is not exhaustive! Feel free to add other practices that are not listed here. We suggest you make sure that some sort of prayer and Bible study are part of your regular practices, ideally daily.

Prayer & Scripture

Praying - free form
Praying the Lord’s Prayer / Psalm 23 / other Scriptures
Reading the Bible (and doing what it says!)

- Lectio Divina
- Daily Office
- Centring Prayer
- Silence and Solitude
- Fasting
- Praying the Examen in the evening
- Worship through song (eg using Spotify)
- Prayer walking / Intercession
- Praying with spouse / family / prayer partner

Rest

- Sabbath
- Mini-sabbaths
- Simplicity
- Play and recreation
- Time in nature
- Spiritual retreats (day or overnight)
- Creativity
- Holidays

Activity

- Care for physical body
- Serving in the church community
- Mission / sharing Jesus with others
- Helping those in need
- Giving financially
- Using spiritual gifts to serve

Relationships & Community

Family

Emotional health

Sunday gatherings

Table Groups

Hospitality

Investing in friendships

Personal Rule of Life

Practice	Individual / With others	Frequency
<i>Prayer & Scripture</i>		
<i>Rest</i>		
<i>Activity</i>		
<i>Relationships / Community</i>		

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Remember:

- If you can, discuss your Rule of Life with a friend, mentor, pastor, your spouse etc. Its great to have someone supporting you as you embrace a Rule of Life
- Put it in your calendar! Set alarms and reminders if that will help you. Or print it out and stick it up where you will see it.
- Set a date to review your Rule of Life and make changes.