

CRAFTING A RULE OF LIFE

A City of Light Resource

More info at cityoflightaurora.org

A Rule of Life frees us to walk with God in every area of life. Rather than limiting us, a Rule of Life liberates us by providing life-giving rhythms and structures to our day and week. We cannot control the larger events of the crisis. But we can make God the center of our life as we keep ourselves in a state of spiritual and physical health.

A Rule of Life is not meant to be a legalism, but a way to enter into the grace of God. Don't worry about making it perfect; it takes trial & error and adjustments along the way.



More About a Rule of Life

"Please don't be intimidated by the word rule. The word comes from the ancient Greek word for "trellis." A trellis is a tool that enables a grapevine to get off the ground and grow upward, becoming more fruitful and productive.



In the same way, a Rule of Life is a trellis that helps us abide in Christ and become more fruitful spiritually. It's been said that a rule of life is:

“an exterior framework for an interior journey’: a kind of scaffolding to use to build the spiritual structure of our individual life with God. It is an intentional, conscious plan to keep God at the center of everything we do. It includes our unique combination of spiritual practices that provide structure and direction for us to intentionally pay attention and remember God in everything we do. The goal - to be with God and to love him in everything we do.” —Peter Scazzero

Resource:

4 Ways to Flourish in the Midst of Chaos Podcast, Peter Scazzero, Emotionally Healthy Christianity ([**LISTEN HERE**](#)).

ON THE NEXT PAGE, FIND A WORKSHEET FOR CRAFTING A RULE OF LIFE.



CRAFTING A RULE OF LIFE TOOL

COMMON GOAL: DWELL IN THE LORD AS HE DWELLS IN US.

A Rule of Life frees us to walk with God in every area of life. Rather than limiting us, a Rule of Life liberates us by providing life-giving rhythms and structures to our day and week. It is not meant to be a legalism, but a way to enter into the grace of

God. Don't worry about making it perfect; it takes trial & error and adjustments along the way. The goal is to grow in intentionality in our relationship with the Lord and our awareness of his presence with us—to dwell in him as he dwells in us.

STEP 1: ANSWER THESE QUESTIONS:

- **What refreshes your soul?** *Consider any physical, relational or creative outlets still available to you: walking outside, enjoying or creating art, gardening, exercise, people who refresh you, spiritual exercises that anchor you in Jesus. Write down anything that comes to mind:*

- **Which activities or relationships do you need to stop or limit in order to dwell more fully in Christ's love?** *List the besetting sins, habits, activities, vices, commitments or unhealthy connections that the Lord might be asking you to limit or renounce.*

- **What are the particular challenges of life during this season for you that impact your rhythms?** *Work, household, or financial pressures, loneliness, laziness, etc.*



STEP 2: FILL OUT THESE CATEGORIES:

CATEGORY	IDEAS & COMMITMENTS
<p>PRAYER: time & space to receive God's love (daily office, solitude, Scripture, journaling, Sabbath-keeping)</p>	
<p>HEALTH: care of my physical body (nutrition, exercise, sleep, & play)</p>	
<p>RELATIONSHIPS: people who encourage me and draw me closer to Christ</p>	
<p>WORK & CREATIVITY: activities that draw out my best contributions (artistic, vocational, simple love of neighbor)</p>	

STEP 3: SHARE WITH A FRIEND/GROUP LEADER

__ DONE! I have shared this rule of life with _____ and asked them to check in with me (in two weeks)/(in four weeks)/