

# 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:**

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