

## Getting the balance - Living by a Simple Rule

What do you <i>actually</i> do every day, week, month, year to sustain & grow:	Every day	Every week	Every month	Every year
1. Your relationships with loved ones, family and close friends?				
2. Your relationships in your church community?				
3. Your relationships with work colleagues, neighbours and wider community?				
4. Your spiritual life/relationship with God/your own soul?				
5. Your own personal health & well-being?				

What areas do you need to work on?

What *one thing* would you like to change in order to get a better balance?

In one sentence, what is your personal Rule of Life?

## Listening 'with the ear of your heart'

What do you *actually* do to listen to God, to your own soul, to others:

Every day, every week, every month, every 4 months, every year?

What would help you, as individuals and in your community, to become better listeners?

What does it mean for you to be obedient and accountable in your life?

Who are you accountable to for your use of your time, money, relationships, work/service, prayer life, leisure, how you look after yourself, how you live your life?

What might you change to become more accountable to God and to others?

## Stability

What can you *choose* to do (or *not* do), long term, to put stability into your life and the lives of others?

Into your close relationships/family?

Into your church & community life?

Into your work situation?

Who are the people who look to you for support?

Who do you look to for support?

How & where are you sustained & challenged?

## Transformation

In what ways have you grown personally in the past 5 years?

Have other people noticed changes in you? What do they say about you?

What are you really *resisting* changing or accepting about yourself?

What one thing could you change now for the better?

What will you *stop* doing in order to allow it to happen?

Would you be happy for others to use you as a model for how they should live?

What is your *BIG* vision?

What group of people might you work with to explore Rule of Life together?

## Reading:

Finding Sanctuary, Christopher Jamison

Silence and Honey cakes, Rowan Williams

Seeking God, A Life Giving Way or Living with Contradiction, Esther de Waal

Living Well, Alan Hargrave, SPCK, 2010

The Rule of St Benedict