

Rule of Life



Christians over the centuries have ordered their lives around a **Rule of Life** that enables them to flourish in body, mind and spirit and be fruitful in the world.

This outline provides a structure for forming a Rule of Life, which can be used by individuals but is most effective when developed and lived out with others. In community, we can find inspiration, encouragement and accountability. It begins with us growing in our experience of being the 'beloved' of God and from this place of wholeness we are led to live out our faith in the whole of our lives.

It is a good idea to commit to your Rule of Life for a set period of time and then review it. You can then retain the elements that have been fruitful and have a go at some new habits.

How to form your Rule of Life?

- Find a group of people who would like to develop a Rule of Life
- Prayerfully consider what you might want to commit to under each section. Try to challenge yourself whilst being realistic.
- Discuss with others in the group and agree on a time when you might meet to reflect on your experience and review.





In God

- How might you deepen your spiritual life?
 - what can you do that grows you awareness of the presence of God?
 - what prayer practices could you commit to?
 - what practices of reading the bible might you commit to?
 - how might you incorporate worship into your life?
- How might you care for your physical well-being?
- What can you do that brings you joy?



In Community

- What gifts and skills can you offer to your church?
- Who might you support and encourage in their life of faith?
- What resources could you share with your church?
- What role could you fulfil in your church community?
- What acts of kindness could you fulfill?
- How might you welcome others?



In the world

- What change could you make to benefit the environment?
- How might you bless your community?
- Are there people, places and issues you are called to pray for?
- Who are you called to serve?
- Who and how might you bless with acts of kindness?