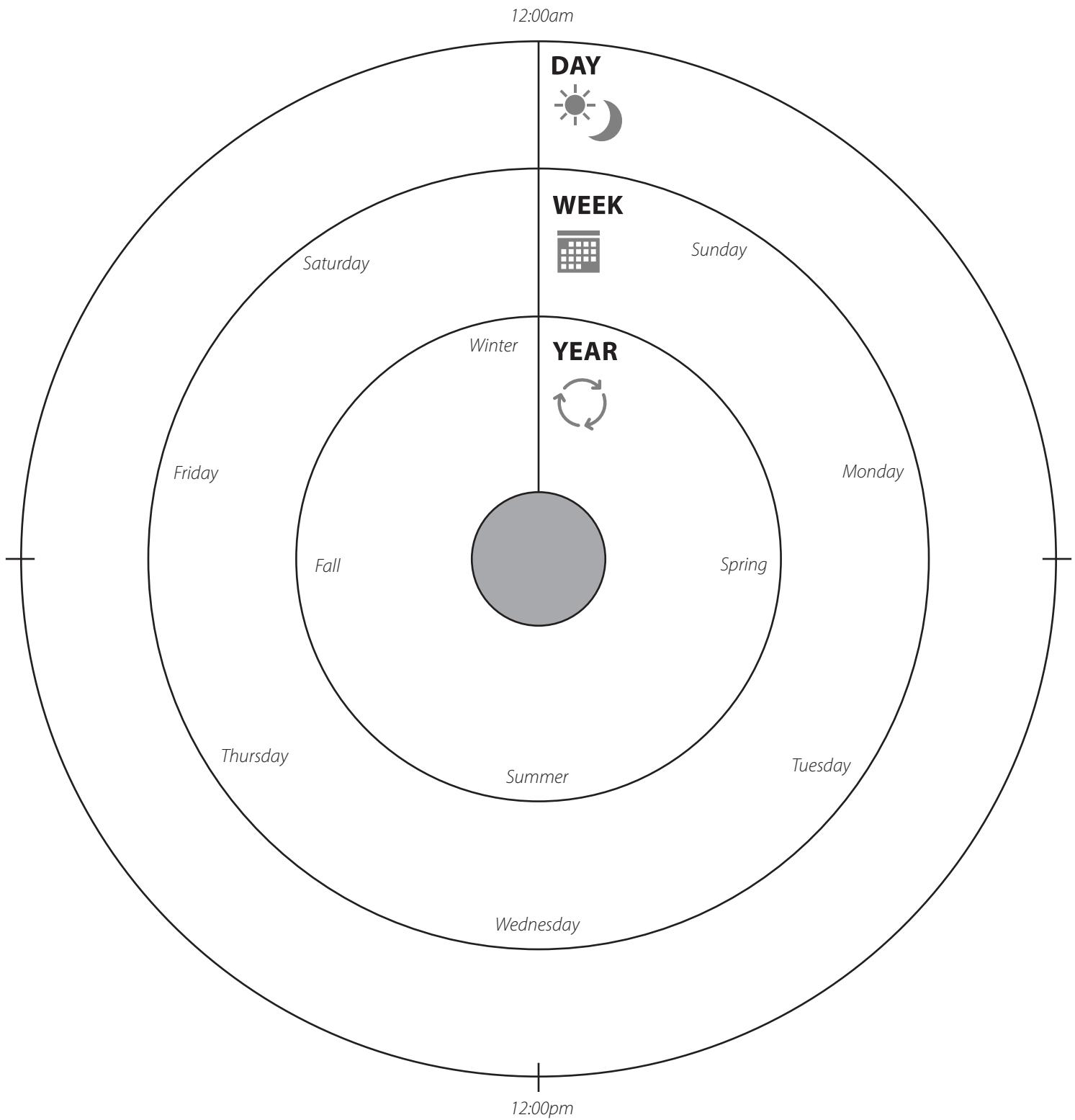


# Guidewires: Getting Started with a Rule of Life



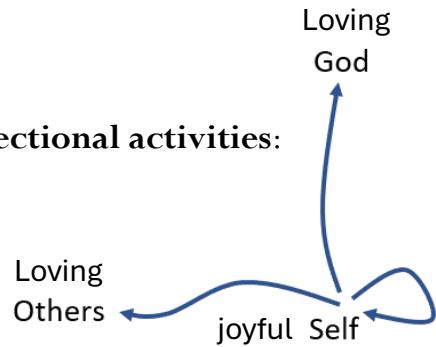
**Activities we might use in a rule of life. Offered to God in worship while yielding ourselves to be shaped by the Spirit into Christlikeness.**

## **Brainstorm space**

### **Life categories for activities:**

- Activities for abiding with God.
- Activities with the mind.
- Activities with the body.
- Activities with relationships.
- Activities incorporating work.
- Activities with finances.

### **Directional activities:**



### **Classical practices of abstinence:**

Solitude, Silence, Fasting, Frugality,  
Chastity, Secrecy, Sacrifice

### **Classical practices of engagement:**

Study, Worship, Celebration, Service,  
Prayer, Fellowship, Confession