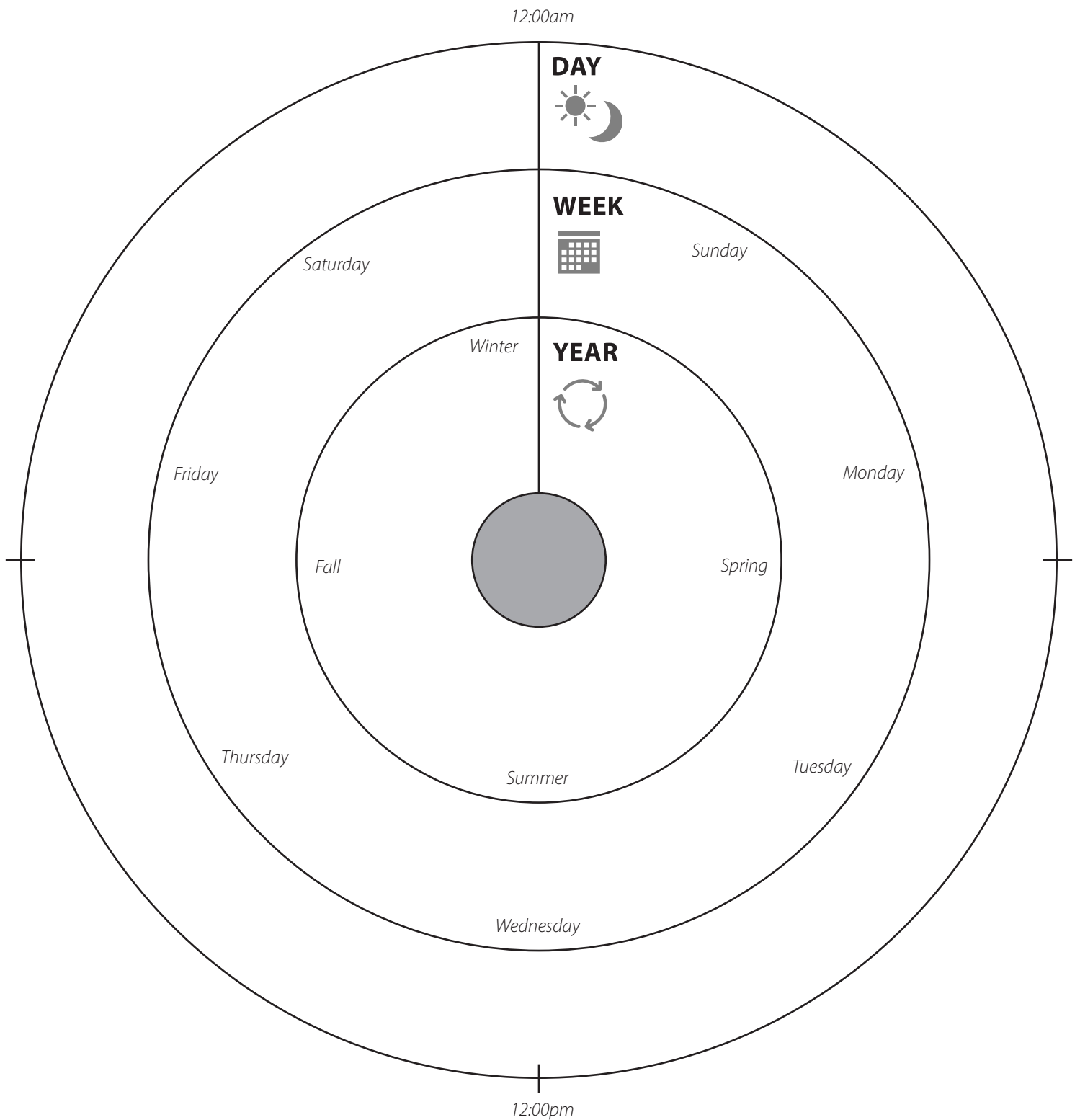


Guidewires: Getting Started with a Rule of Life



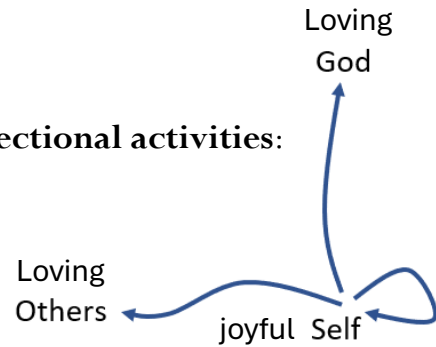
Activities we might use in a rule of life. Offered to God in worship while yielding ourselves to be shaped by the Spirit into Christlikeness.

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