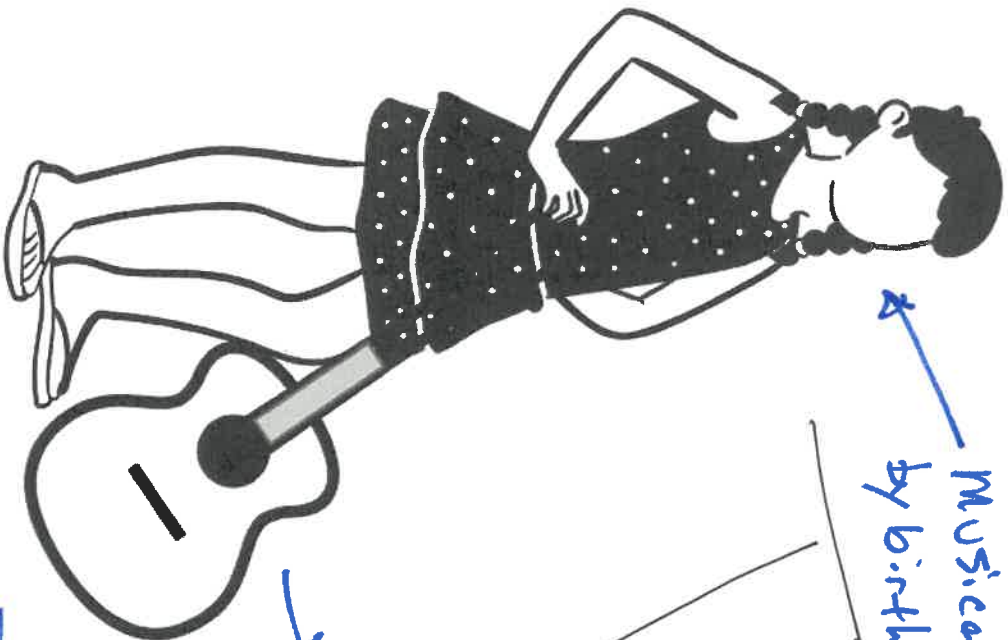


Getting started
with A Rule of
Life.

- Hopeful
 - Vision
 - Excitement
- } Life



↖ Musical
by birth.

→ Musician

TRAINING

"Role of
Life"

• Hopeful
• Vision
• Excitement

~~Guilt~~
~~Regret~~

Plant

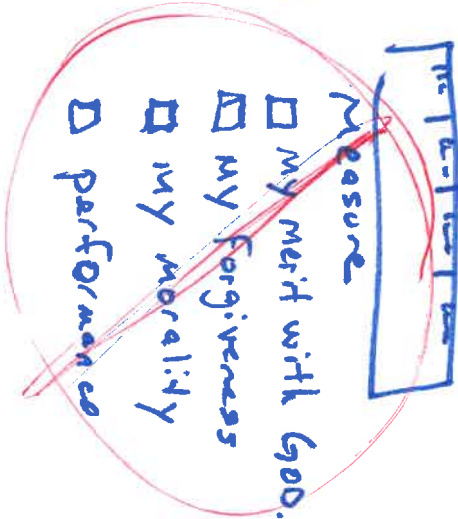
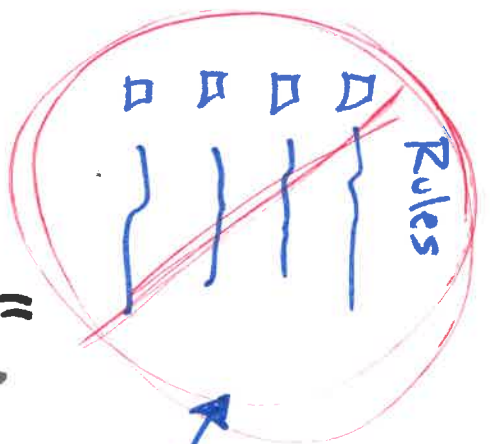
→ TENDING
→ Put on
→ Pull out

Harvest

Rule of Life

The life patterns, rhythms & routines
we habitually live that form us
into the type of people we are,
are becoming.

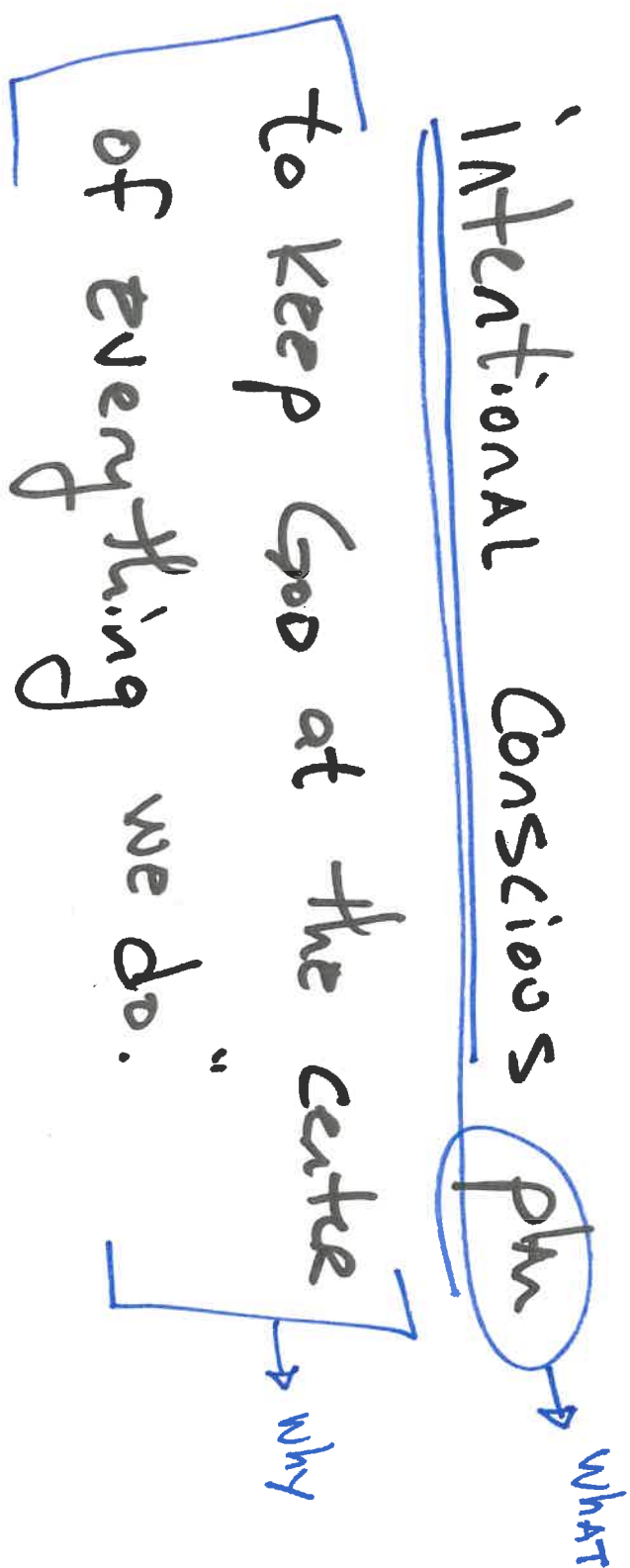
1. We all have a rule of life.
2. For good or ill.



Guilt or
"feel bad"
signals
Legalism

Life giving

A Rule of Life is an



~ Pete Scanzero

[How should I think about Role of Life Activities?]

Any Activity, offered to God,
Means
done in repetition, that shapes

us into Christ-likeness.

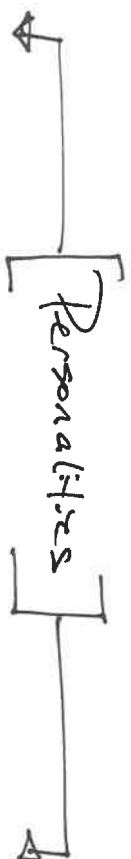
END GOAL

~~☐~~ Through Discipline : self plaining I
will become more Christ-like.
(this is not what Rule of Life is About)

☐ Through "Giving up" : "Giving over" in
Surrender to God, He transforms me
into Christ-likeness. by grace.

(Rule of Life ~~are~~ tangible ways whereby we "give over" ourselves to God)

Role of Life will be unique to the person...



Naturalist

Caregivers

Sensates

Enthusiasts

Traditionalists

Contemplative

Ascetics

Activists

Intellectual

Don't Measure the
"Rule" Measure the

Outcome.

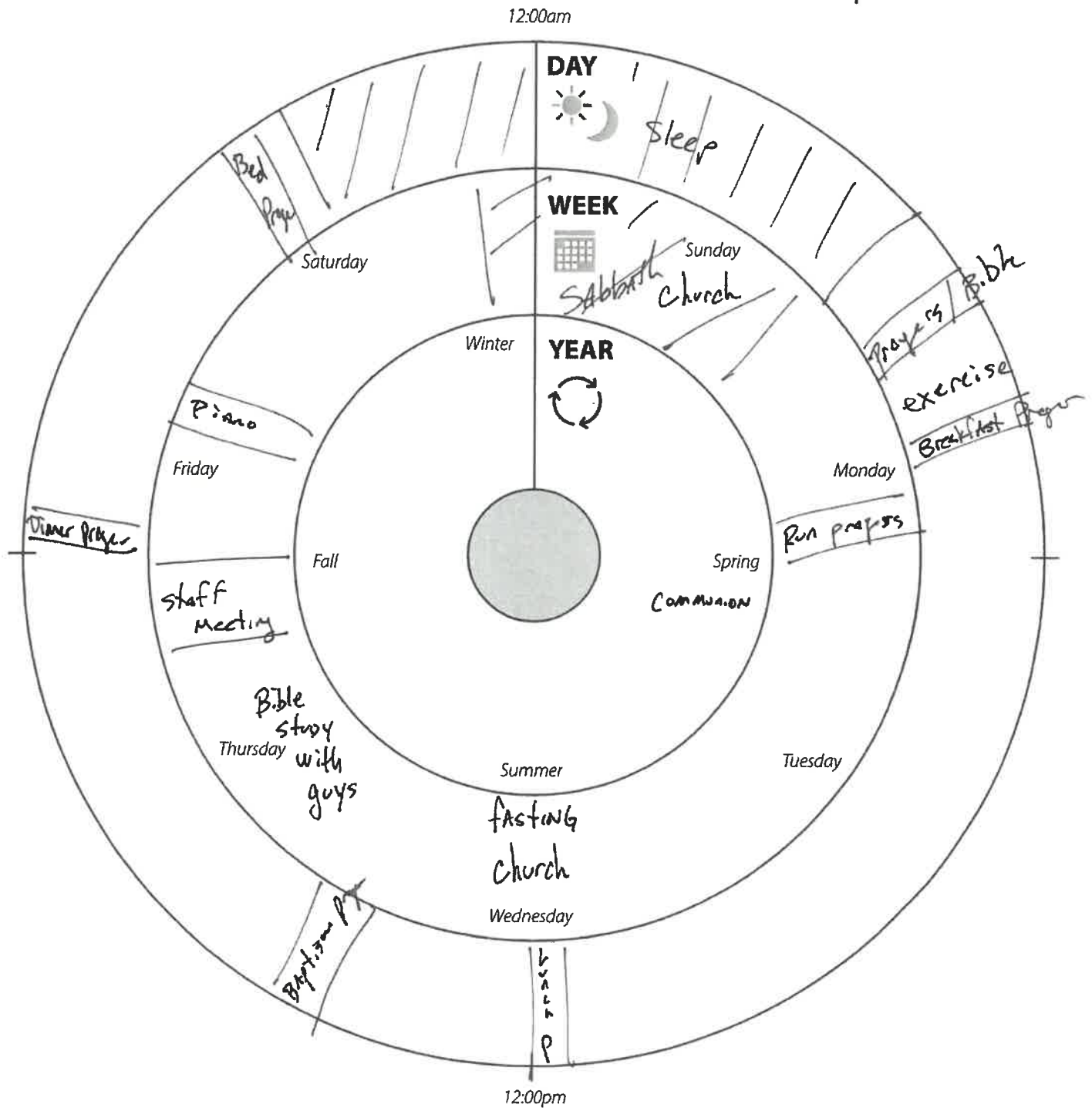
- Love for God
- Love for others
- Peace / Joy

} Living
for God

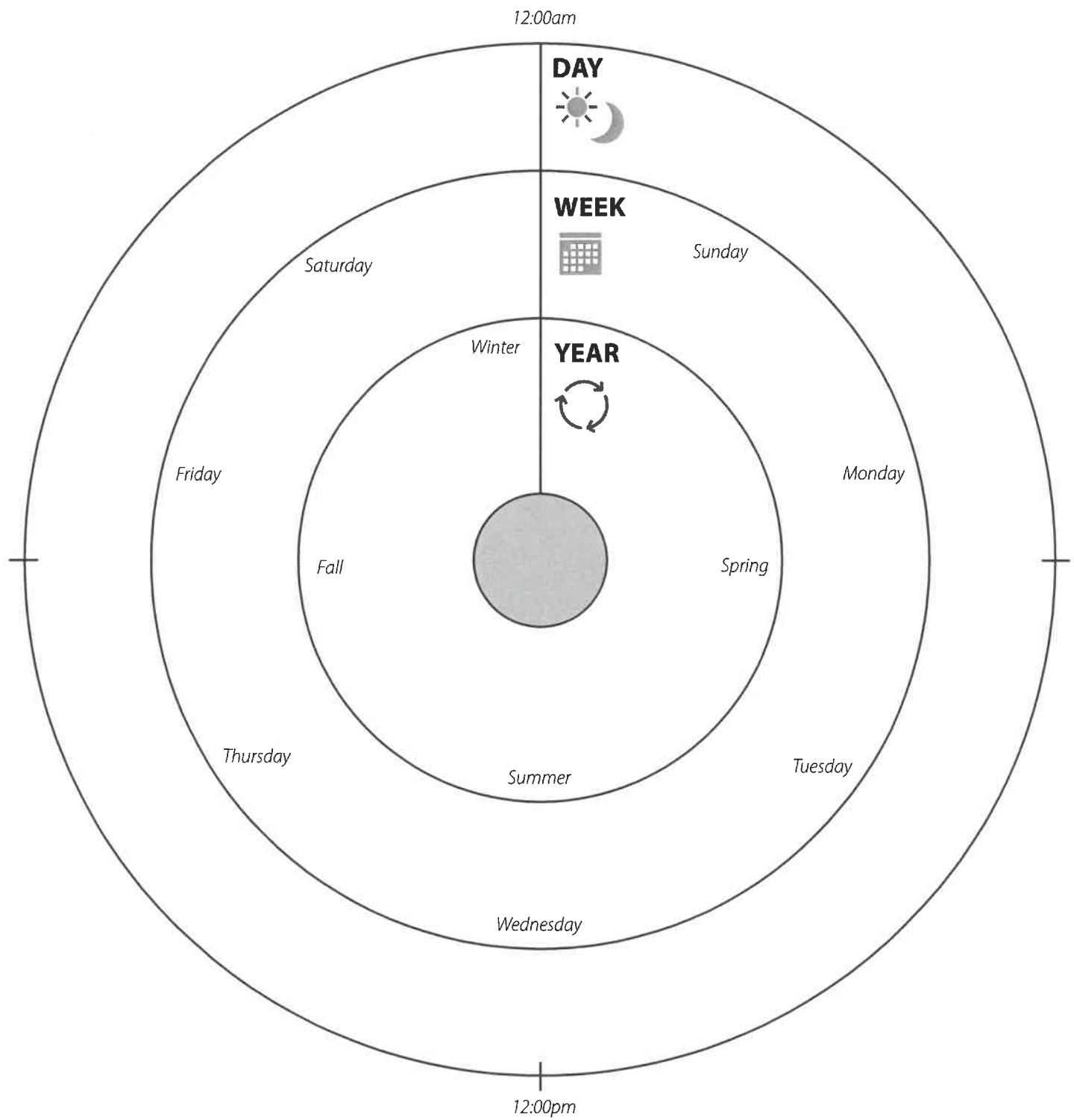
① live with
God

Guidewires: Getting Started with a Rule of Life

Example



Guidewires: Getting Started with a Rule of Life



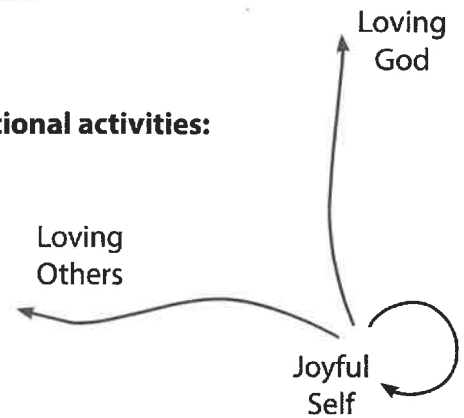
Activities we might use in a rule of life. Offered to God in worship while yielding ourselves to be shaped by the Spirit into Christlikeness.

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

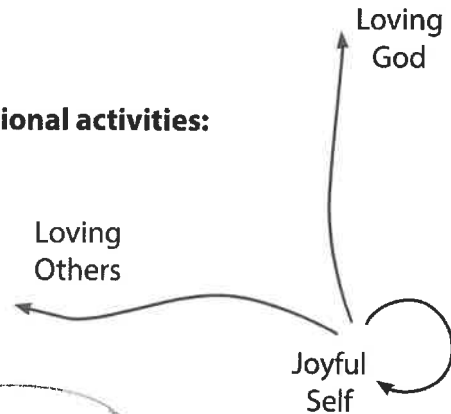
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BRAINSTORM SPACE

Life categories for activities:

- Activities for abiding with God.
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- Activities with finances.

Directional activities:



Connecting with God w/ the sunset
Enjoying the sunset
regularly, connecting the
gift to the giver.
EXAMPLE!

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Chastity, Secrecy, Sacrifice

Classical practices of engagement:

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