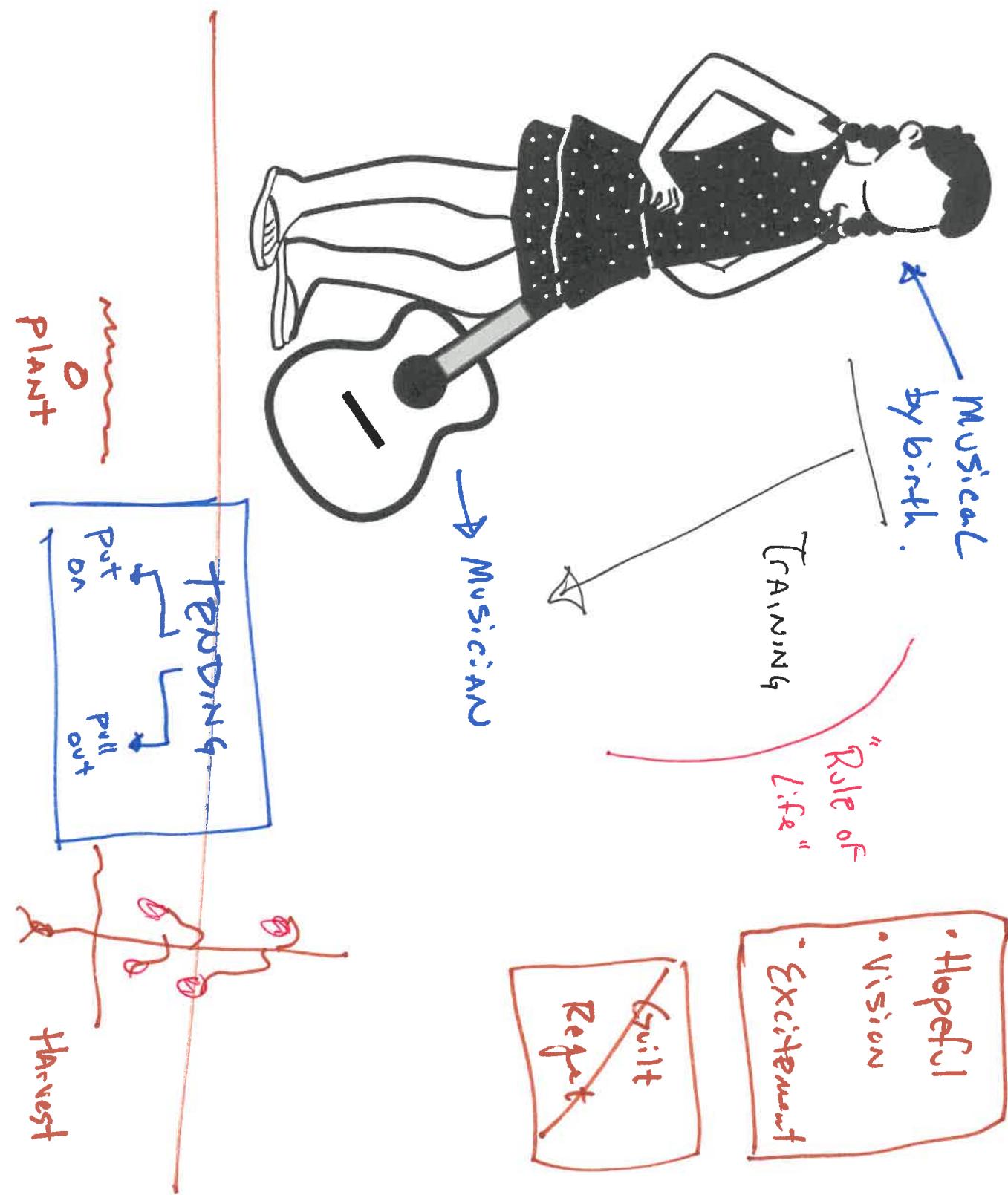


Getting Started  
With A Rule of  
Life.

- Hopeful
- Vision
- Excitement

life

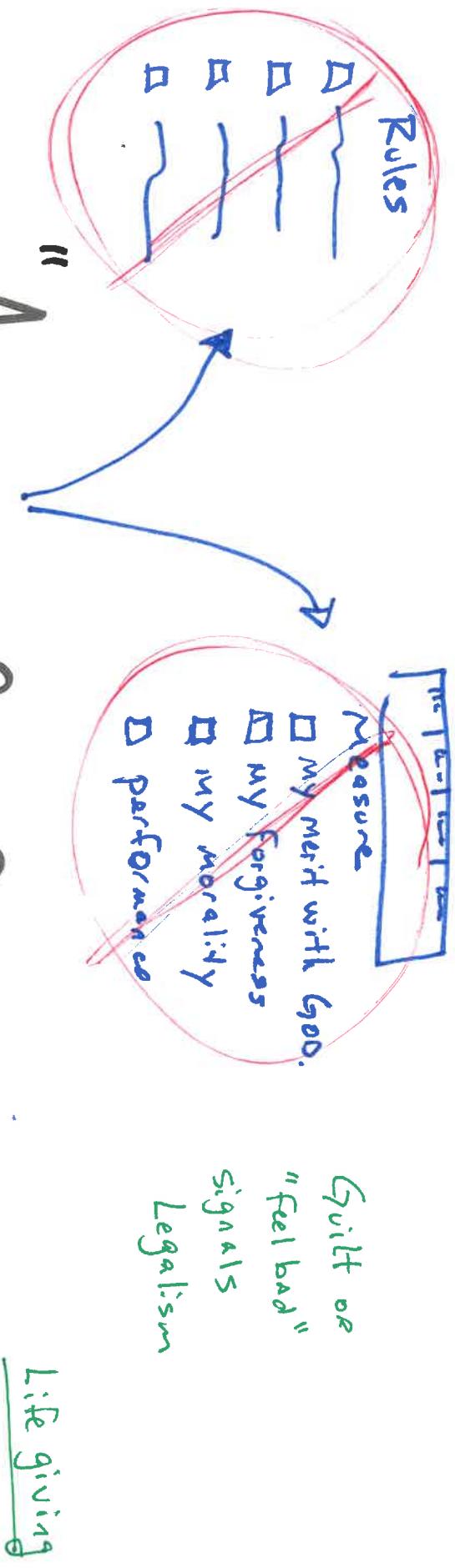


## Rule of Life

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.

"A Rule of Life is an  
intentional Conscious plan → what  
to keep God at the center → why  
of everything we do."



~ Pete Scazzero

How should I think about Rule of Life Activities?

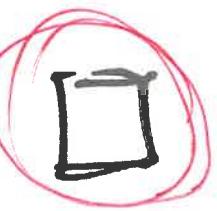
Any Activity, offered to God,  
Means  
done in repetition, that shapes  
us into Christ-likeness.

End Goal

Through Discipline : Self planning I

will become more Christ-like.

(This is not what Rule of life is about.)

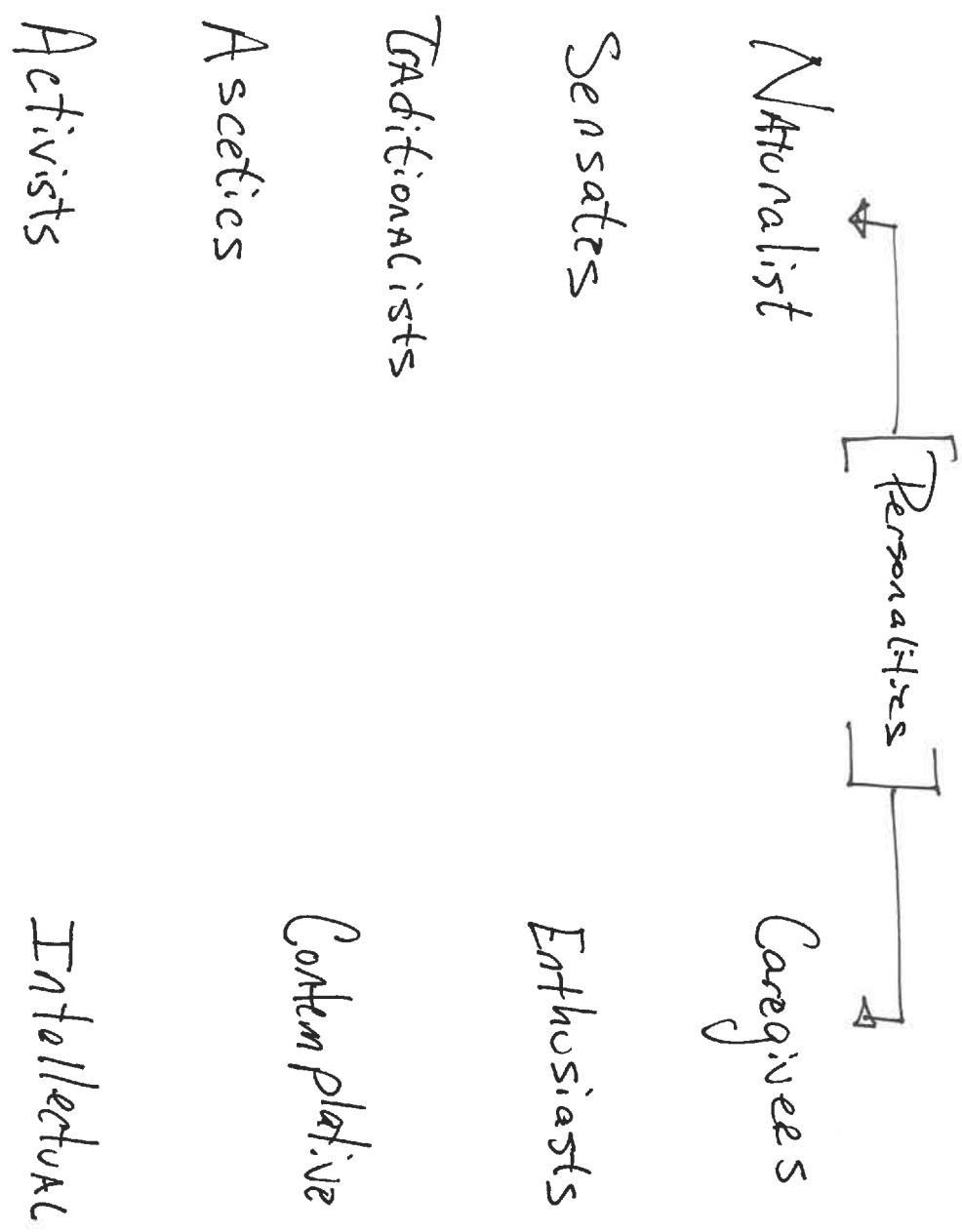


Through "Giving up" & "Giving over" in  
Surrender to God, He transforms me

into Christ-likeness. by grace.

(Rule of life has tangible ways whereby we "give over" ourselves to God)

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



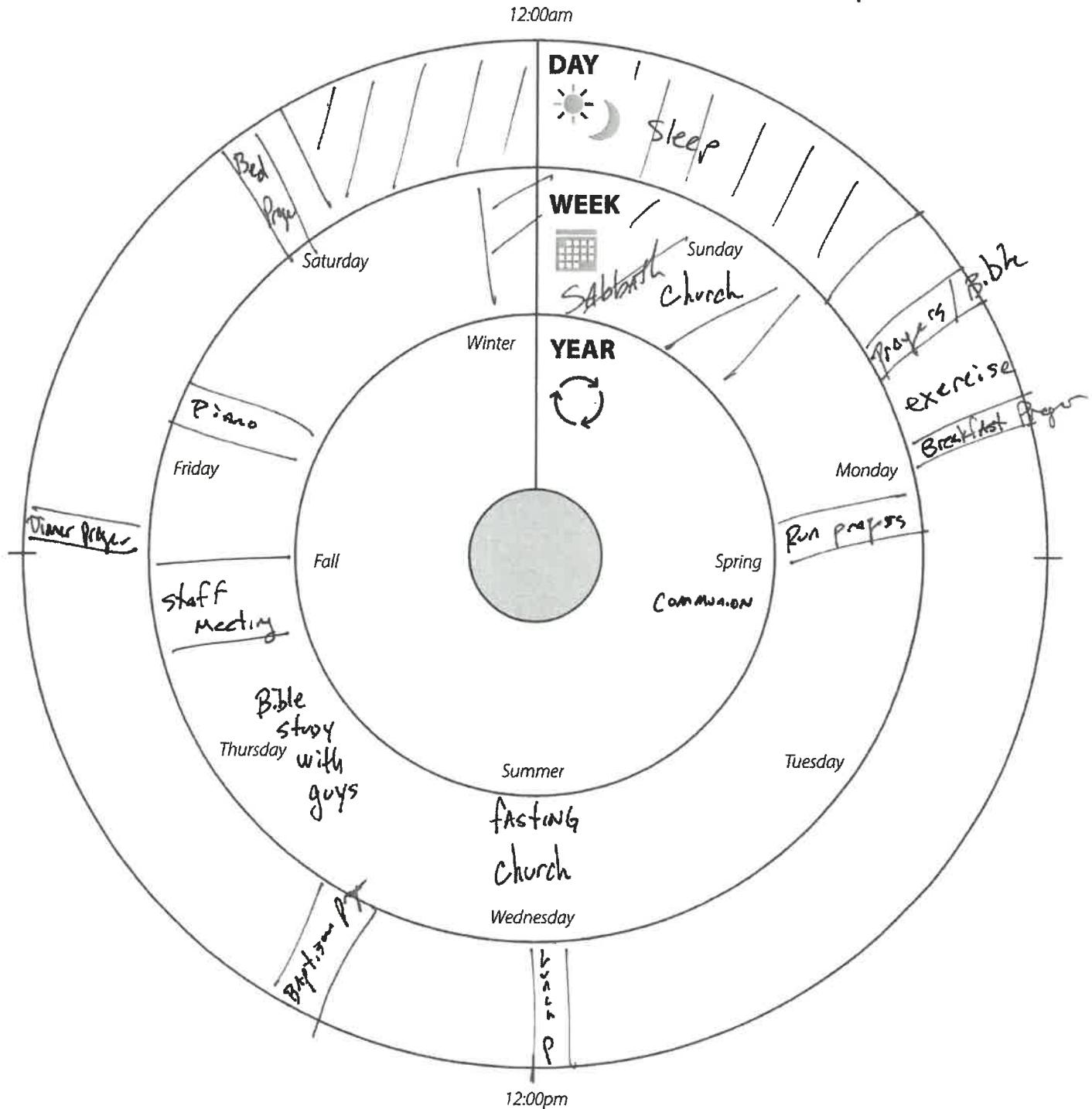
Don't measure the  
"Rule" Measure the  
Outcome.

- Love for God
- Love for others
- Peace / joy

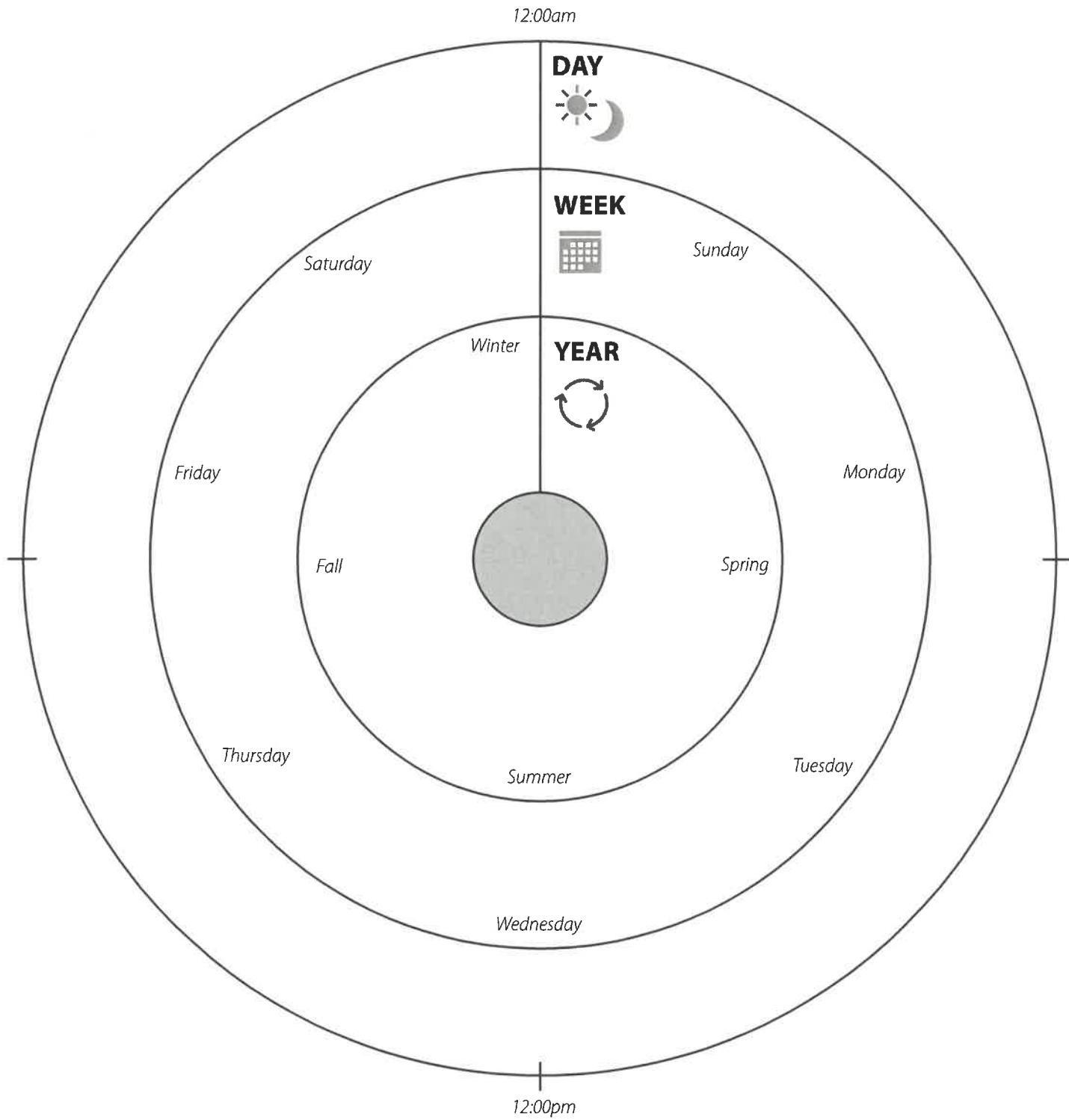
② living  
for God  
live with  
God

# Guidewires: Getting Started with a Rule of Life

Example



# Guidewires: Getting Started with a Rule of Life



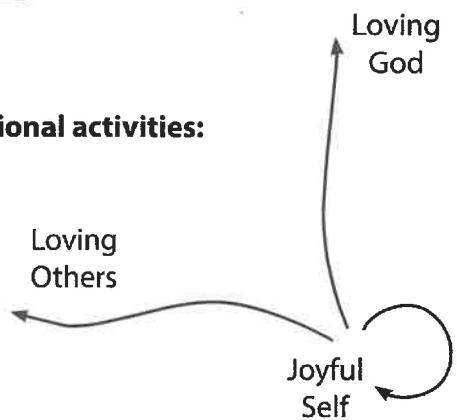
*Activities we might use in a rule of life. Offered to God in worship while yielding ourselves to be shaped by the Spirit into Christlikeness.*

## 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

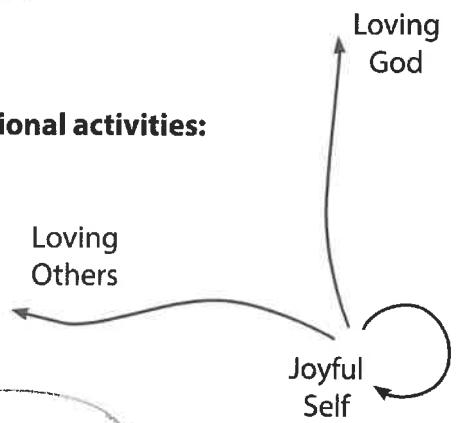
*Activities we might use in a rule of life. Offered to God in worship while yielding ourselves to be shaped by the Spirit into Christlikeness.*

## 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:**



*Connecting with God w/ the sunset  
enjoying the sunset  
regularly, connecting the  
gift to the giver  
EXAMPLE!*

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

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

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

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