

Developing Your Personal Rule of Life

Vision: Prayerfully write a short statement that encapsulates your vision for your life with God at your current stage. i.e.: "I live to praise, love and serve God." or "I want to live a life rooted in God's truth and overflowing with God's love." or "I want to live my life as if Jesus was living it for me."

Assessment: On a separate piece of paper make a bullet point list of your current activities. Take note of things you do regularly on an annual, quarterly, monthly, weekly and daily basis. Then identify recurring activities that are NOT lifegiving, drawing you closer to Jesus or helping you pursue your vision of life with God. Consider what it would take to modify or remove them from your ongoing rhythms.

Rule of Life: Determine the activities or practices that you intend to keep in your ongoing rhythms. Think if there are any habitudes you would like to add (attempt these at least for a season)? Place both in the chart below. Be careful not to overload yourself; be realistic, intentional and gracious, remembering Matthew 11:28-30, "...my burden is light."

	SPIRITUALLY Faith / Time	RELATIONALLY Other / Trust	PHYSICALLY Body / Temple	FINANCIALLY Work / Treasure	MISSIONALLY Serving / Talent
DAILY					
WEEKLY					
MONTHLY					
QUARTERLY					
ANNUALLY					

Further resources:

- ruleoflife.com
- *God in my Everything* by Ken Shigematsu