

PERSONAL RULE OF LIFE

PRACTICE

DAILY	WEEKLY	MONTHLY	ANNUALLY
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NOTES

SCRIPTURE

Intentionally dwelling on God's Word to hear His voice, internalize truth, and be formed in obedience and Christlikeness.

PRAYER

Attentively listening and responding to God, seeking intimacy, alignment with His will, not performative for others, informative for Him, but reformative for us.

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GENEROSITY

Freely giving resources, time, or abilities as an act of trust in God's abundance, resisting greed, and participating in God's self-giving love.

FASTING

Abstaining from food (or other comforts) to reorient longing for God and attentiveness to His voice.

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SABBATH

A rhythm of rest and worship, resisting busyness, delighting in God and His good gifts.

COMMUNITY

Committing to be formed alongside others in Jesus, practicing the "one anothers" in Scripture (ie. "love one another," bear with one another, etc.)

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SERVICE

Meeting the needs of others out of love for Jesus, seeing, valuing, and uplifting the marginalized, and expressing God's compassion through action

WORSHIP

Responding to God's glory and love—through praise, reverence and offering ourselves—shaping our desires and life around the reality of God's presence.

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SUGGESTED RHYTHMS

The New Testament does not tell us exactly how often to practice these disciplines and there is genuine freedom in how we do go about this. That said, we suggest Scripture Meditation and Prayer fit best as daily practices, while the others may be weekly or monthly. Additionally, some practices may have varying "intensities" during the year. For example, you may create a weekly rhythm of Sabbath time each week, but build in an extended sabbath on an annual basis.

NEXT STEPS

- 1 — **Pray:** Ask God for guidance in choosing disciplines and rhythms that will draw you closer to Him.
- 2 — **Reflect:** Consider your current spiritual life and identify areas where you desire growth.
Plan: Fill out the table, being realistic and specific about your commitments. You do not need to fill out each box, only the one that corresponds with the rhythm you'd like to have for each practice.
- 3 —
- 4 — **Review:** Regularly review and adjust your plan as needed. Don't be afraid to experiment and find what works best for you.