**DEVELOPING A RULE OF LIFE**A “rule of life”, from the Latin word for trellis, is an intentional structure we give to our lives to maintain healthy rhythms and boundaries so that we can grow upward

(in our relationship with God) and outward (in mission to the world) with greater fruit. Remember, be realistic! It’s okay to start small!

|  |  |
| --- | --- |
| **SABBATH**  DAY (circle): M T W Th F S Su  TIME (circle): Morning Afternoon Evening All Day  What will you do (e.g. Scripture, prayer, journaling, gym, museum, nap, etc.)?:  Who will your sabbath impact (e.g. spouse, employee, roommate, etc.)? Decide if you need to discuss your new rhythms with them. | **PRAYER**  MORNING PRAYER: \_\_\_\_:\_\_\_\_ AM for \_\_\_\_\_\_\_ mins  What will you focus on (e.g. reorienting to God’s love, thanksgiving, mission, etc.):  MIDDAY PRAYER: \_\_\_\_:\_\_\_\_ AM/PM for \_\_\_\_\_\_\_ mins  What will you focus on (e.g. confession of sin, reorienting to God’s love, intercession, etc.):  EVENING PRAYER: \_\_\_\_:\_\_\_\_ PM for \_\_\_\_\_\_\_ mins  What will you focus on (e.g. thanksgiving, confession of sin, intercession, prayer for rest, etc.): |
| **SCRIPTURE**  READING PLAN (circle):  M’Cheyne Bible in a Year Psalms Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  WHEN: | **COMMUNITY**  Write the names of 2-3 people who are active in a personal ministry in the city with whom you can regularly share, pray and encourage one another.   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   How will you support one another (e.g. weekly 30 min skype call, every-other-week quick breakfast, at Community Group, etc.)?: |