

Rule of Life Worksheet

A rule of life is a pattern of commitments grounded in the practices you select to shape your life as a Christian. Practices include scripture reading, prayer, other reading, walking, contemplation, small groups for prayer and/or study and/or spiritual reflection, Sabbath, time deepening relationships with people in your life, retreats, serving, generosity and giving patterns, and more. Practices may be done individually/privately or with another person or group.

On the sheet below, list what you currently do that you find fruitful and want to continue in the appropriate space(s). Then reflect on things you would like to commit to (don't add too much at once!) and outline an improved pattern (then give it a try!). Find a partner to talk to about this who can check in with you – that will increase your chances of building new and stronger habits. Also, remember that this is to be life-giving and should be doable in ways that help you see and grow closer to God, not just something you have to do.

I commit to the following practices to support my spiritual growth- love of God (What...Where...Who...)

Daily...

- Morning...

- Midday...

- Evening...

Weekly....

Monthly....

Annually....