



creating a
Rule of Life

Getting started

Developing a rule of life begins with listening. Listening is a spiritual practice of self-examination by which we pay attention to the present shape of our lives and consider what needs to change within ourselves and in the world we inhabit. Ultimately, listening is about being willing to change. So, as you begin to write your rule, take an inventory of your current practices of solitude, community, and service and ask how you would like to live more intentionally with each.

Begin with some examples:



Learning to love God and self

- * [Daily prayer](#)
- * Bible study
- * Examen
- * Go on a spiritual retreat
- * Practice regular Sabbath
- * Worship regularly



Learning to love one another

- * Practice seeing Christ in all persons
- * Join a [Bible study](#)
- * Join or facilitate a [Covenant Group](#)
- * Practice hospitality by opening your home to neighbors and friends
- * Commit to being fully present when at home by applying wisdom to the use of technology
- * Seek out new relationships in your neighborhood and in the church



Learning to love our neighbors

- * Make a realistic commitment to serving a ministry in the church or the world
- * Seek the kingdom of God in everyday tasks and duties
- * Assume a role of servant leadership in your church or community
- * Direct your work to the flourishing of others and your community
- * Serve your family
- * Educate yourself on the needs of others in your community who do not look, think, or act like you do

Review current practices and create a rule

Take some time to reflect on your current practices using the following questions to guide you:

1. How do my current spiritual practices help me to live a balanced, intentional spiritual life?
2. Am I avoiding or privileging some aspects of the spiritual life over others?
3. How do my current spiritual practices bring rhythm to my daily, weekly, monthly, and annual life?
4. How do they help me focus on things that are most important to me?
5. How do these practices help me to grow and mature in my spiritual life?
6. Do I expect too much of myself? What do I need to cut out of my life?

Example

What I am doing	What I would like to do
Solitude: Learning to love God and self	
<i>Worship regularly on Sunday</i>	<i>Continue Sunday worship Daily quiet time to pray and be silent Go on a retreat</i>
Community: Learning to love one another	
<i>participate in a Covenant Group</i>	<i>Continue what I am doing Seek out new relationships in my neighborhood Join a Bible Study</i>
Service: Learning to love our neighbors	
<i>serve my family</i>	<i>Continue what I am doing Direct my work to the flourishing of others and the community Mentor a student at Webb MS</i>

What I am doing	What I would like to do
Solitude: Learning to love God and self	
Community: Learning to love one another	
Service: Learning to love our neighbors	