

A LIFE LIVED WELL

A LIFE LIVED WELL: WRITING YOUR RULE OF LIFE

You can review the sermon notes for each week of this series at redchurch.org.au/red/resources-media/

Take time to think and pray about each area of your life. What is God wanting you to engrain? What is He wanting you to adjust? Work through the questions in each section and use them to trigger statements that will be included in your rule of life. Be practical and specific.

SPIRITUAL DISCIPLINES

Consider the lists of disciplines below. Choose a few that stand out to you— that you feel God is asking you to take up or continue— and write down how and when you will engage with them.

Solitude Refraining from interacting with other people in order to be alone with God and be found by him

Silence Not speaking in a quiet place in order to quiet our minds and whole self and attend to God's presence. Also, not speaking so that we can listen to others and bless them

Fasting Going without food (or something else) for a period

Sabbath Doing no work to rest in God's person and provision; praying and playing with God and others

Secrecy Not making our good deeds or qualities known to let God/others receive attention; to find our sufficiency in God alone

Submission Not asserting ourselves in order to come under the authority, wisdom, and power of Jesus our Lord, King & Master

Bible Reading Trusting the Spirit-inspired words of Scripture as our guide, wisdom and strength for life

Worship Praising God's greatness, goodness and beauty in words, music, ritual or silence

Prayer Conversing with God about what we're experiencing and doing together

Soul Friendship Engaging fellow disciples of Jesus in prayerful conversation or other spiritual practices

Personal Reflection Paying attention to our inner self in order to grow in love for God, others and self

Service Humbly serving God by overflowing with his love and compassion to others, especially those in need

SEX

Whether you are unwed or married, how are you looking to God for your fulfilment and identity? What practical boundaries would help you foster sexual purity?

Married

How can I foster and protect faithfulness, commitment and fidelity?

How can our marriage foster an environment where life is celebrated?

How can we best minister to our community through our marriage?

Unwed

How can I best foster discipline and self-control?

How can I foster an environment where life can flourish?

How can I minister to my community through my singleness?

MONEY

Is your budget reflecting a balance of giving, saving and spending - in that order?

Give What are you giving? What *can* you give? What is the Spirit stirring in you to give?

Save What are you saving? Are you responding to fear in the way you save? How can God's wisdom shape the way you save?

Spend What are you spending? Is fear influencing the way you spend? How can you bring your spending under alignment with God's wisdom and freedom?

WORK

Cultivation What are the ways in which my job or vocational path joins with God's work of creation and cultivation? What might God be asking me to care for or subdue?

Calling How am I stewarding the call on my life, whether or not it is connected to my vocation? What steps can I be taking to seek out what God is calling me to if I am unsure?

Commitment Am I working hard and faithfully stewarding my current position?

TIME

Do you know the kind of rhythms you are most effective in? Take time to consider what rhythms allow you to be most fruitful with your time.

What are three ways you can set apart time in holiness to give back to God?

Look at your periods of 'unseized' time. Think of three ways you can use these periods in life-giving ways.

SABBATH

How can I spend Sabbath differently to every other day?

What tendencies towards productivity, consumerism and technology do I need to resist?

When am I having Sabbath? **Who** am I spending it with? **What** am I (not) going to do?

We have included a handful of sample rules to give ideas for what your rule might look like. Use them for ideas for the format or structure your rule might take, or as inspiration for different approaches to different areas of life. They are not prescriptive - your rule may look completely different. See *God in My Everything* by Ken Shigematsu or *Crafting a Rule of Life* by Stephen Macchia for more examples.

KEN'S RULE (MARRIED WITH SON, PASTOR)

Take a 24-hour Sabbath once a week
Begin each day with Scripture and prayer
Pray the *Examen* before going to sleep at night
Run 2-3 times a week, swim twice a week
Aim to be home by 5:15pm each day, and to be home at least 4 evenings a week
Fast on Thursdays
Go on a date with my wife once every 2-3 weeks
Meet with a spiritual director once a month
Host people from different backgrounds in our home about once a month
Take a yearly spiritual retreat with my mentoring group
Take a yearly summer vacation with my family and spend New Year's in Japan with my wife's family
Tithe to my local church and give to impoverished children and missions in the developing world to the point where we feel financially stretched

CASSIE'S RULE (STUDENT IN HER 20S)

On a daily basis I will:

Spend time with God through Bible study, meditation or memorisation, prayer or worship

Focus on eating as healthy as possible (no wheat or dairy and minimal sugar) and getting at least 7-8 hours of sleep each night

On a weekly basis I will:

Sabbath each Sunday

Participate in church at the Sunday evening service and at young adults group on Monday night

Spend quality time with my boyfriend (both play and recreation, as well as time in prayer)

Spend quality time with my best friend (play, exercise and recreation)

Exercise 3-4 times a week

On a biweekly or monthly basis I will:

Spend quality time with my parents and brother

Tithe

Connect with my peer-mentor/spiritual friend

Reflect on how I'm meeting my goals/living my rule and where I need to grow

JUNE'S RULE (MARRIED WITH SON, TEACHER)

Sabbath: Rest and Sunday worship, typically on a Saturday or Sunday (depending on what's going on)

Prayer: As I can, pray throughout the day—in the car, on a walk, before mealtimes; more concentrated times of prayer (1) when I put our toddler to bed and (2) before going to bed.

Scripture reading: At night before I go to bed; as I can, pray through these Scriptures the following day

Spiritual friendship: Small group with families with young children (currently working through a Bible study book on parenting)

Recreation/play: Watch movies, favourite shows, dine out/in or hang out with friends/family, go to events/shows; travel once a year in Summer

Care for the body: As I can, go for an hour jog once a week; eat mostly at home so as to eat healthy

Family: Try to take our son to visit his grandparents once a week

Financial life: Tithe every month; support missionaries and other charitable organisations every month

Mission: Volunteer as family at the local seniors' home once every 2 months; volunteer at camp each summer

Witness: Through friendship and invite people to church and through our Easter and Christmas outreaches

ROB'S RULE (ARTIST IN HIS 50S)

As I can, I begin each morning by thanking God for all that will happen in the day ahead. Anticipate goodness and the Lord's love in all that will take place.

As I can, I begin each day with 20 minutes of silent prayer.

As I can, practice reading a short practice of Scripture as a *lector diving* each day—a time of slow spiritual reading that has as its purpose the conversion of my heart more than the accumulation of knowledge.

As I can, I will meet with a "soul friend" monthly to discuss with each other where I have struggled and where I have found encouragement from God in relation to these practices.

As I can, I will meet regularly with a small group of people who know and share my deepest desires for relationship with God.

As I can, I will live a simple and uncluttered life. I will enjoy time for hospitality with people I meet in my day, especially God. Invite others into my life, my home, my journey.

As I can, I will find a regular outlet through which to offer my time, money, and labour for the sake of others.

As I can, I plan dedicated times for spiritual retreat throughout the year—a day, a weekend, or a week away in silence with God.