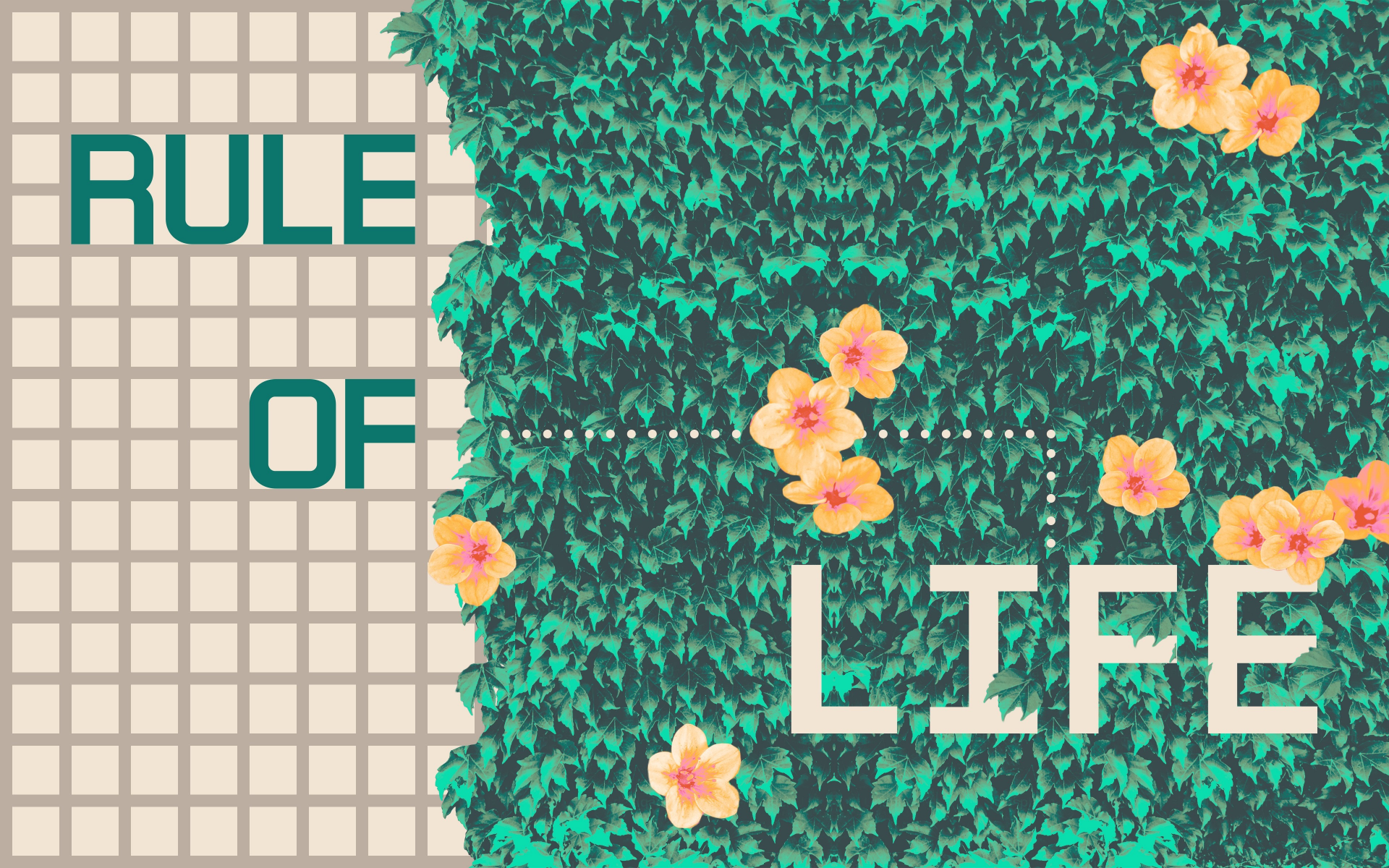


RULE

OF

LIFE



RULE OF LIFE



DISCIPLINES OF PURPOSE IN AN AGE OF DISTRACTION.

[SERMONS](#)

[SMALL GROUP SIGN UP](#)

[SUNDAY CLASS](#)

[ASYNCHRONOUS CLASS](#)





Universal Desire

We desire to be
happy and feel the
need to be free.

(YOLO makes FOMO)

Consistent Result

Pursuing
happiness
directly reliably
produces misery



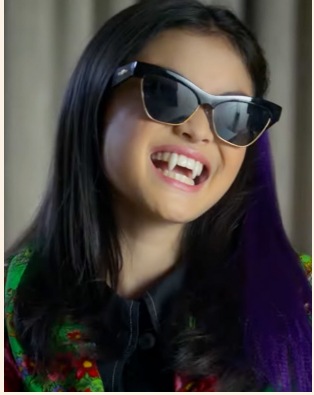
Faithless Escape
and Empowerment

Vs.

Faith-abiding
Discipline and Virtue

Consistent Result

Directly pursuing
happiness...



Deflated
Fruits

Vampires
&
Parasites



Selfish, shallow,
reactive,
irresponsible,
anarchic, tyrannical,
servile, manipulated,
rebellious, corrupt

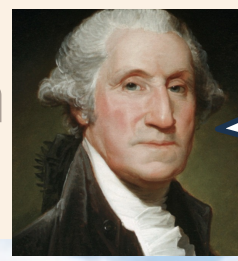


Understanding the times

What is happening around us?

1. More deaths of despair last year than in Vietnam war
2. Unprecedented mental health decline
3. Loneliness epidemic
4. Inability to do “hard things” & self-reproach
5. Near majority of younger Americans “too stressed to function”
6. Device escapism (helpless against)
7. Bad feeling-addictive food convergence = chronic disease
8. Ethical breakdown & increased corruption
9. National and international division
10. Highest family division rates and lowest birth rates ever

The Wilderness Lesson



Winning is easy,
governing is
harder



Slavery is
bad



Freedom is
hard

Maybe the only thing scarier than someone else
controlling your fate is to be responsible for your own.



Contrast:

While we find faithless happiness and freedom elusive, unsatisfying and accusing.

God is offering,
promising and
demanding we receive
life and liberty



Key Question?

How does this
happen?

How does God give Life and Liberty?

Contrast faithless escape and empowerment
with Faith-abiding discipline and virtue

Key Picture:

An abiding connection to the vine
A severed connection to many branches



Pruning for fruit

Abiding for Life



Continuing to abide in the Vine (Life through uniting faith)

Accept God's pruning:

1. Pruning is painful
2. Pruning focuses
3. Pruning shapes

(Fruitfulness through embracing God's will)

Key Question:

Prune to what?

What is more fruitful?

What is EVERY
grape vine
shaped to?



6500BC

72 million tons

Most grown
fruit now and
through
recorded
human history.

Grapes are shaped and trained to a trellis/structure



Your spirituality is more like a vine than a tree



The focus and shape:

1 John 2:6 NIV “...anyone who claims to live in Him, must live as Jesus did.”

1 John 2:6 NAV “...whomever claims to abide in him must walk as he walked.”



Rule of Life

Focusing and shaping our life's practices around God's revealed will, so to live in his life and liberty, and to produce fruit.

Cf. Romans 12:1-3 &ff.



Rule of Faith

The shape and measure of our beliefs. We *believe* the Biblical and Apostolic Deposit and True Gospel .

Rule of Life

The shape and focus of our practices. We *embody* the Biblical Gospel and way of Jesus.



Rule of Life Series

3 Parts:

1. **Measure and Reflect:** pursuit of simplicity and elimination of hurry
2. **Transition:** Eliminate and experiment
3. **Shape:** form or update a Rule together



Rule of Life Series

Month 1- figuring out what to abide in and what to prune:
Think: focus and shaping

1. **Memorize 1 John 2:6, Meditate/contemplate:** John 15:1-17, Romans 12:1-2&ff.
2. **Learn the Focus and Shape:** Learn the principles of fruitfulness & Way of Jesus
3. **Measure and plan to cut:** Look over your life curiously and soberly with an eye to abide and prune

MEASURE

WHAT TO
MEASURE?

TRACKING
QUESTIONS

SAMPLE TOOLS

OTHER
RESOURCES

OTHER RESOURCES

Another resource to dive in deeper is doing a Formation Audit from Practicing the Way. Instead of taking a few minutes each day over a longer period of time to measure habits, this is a "life audit" that aims to take an inventory of all of the forces that are forming you, both now and in the past. Plan to dedicate a two hour block to prayerfully walk through this exercise. Below is a video explaining more about the formation audit before you go through it.

FORMATION AUDIT



RULE

OF

LIFE

