

RULE

OF

LIFE

Philippians 3:13-21

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Memory Verse

1 John 2:6

"Whoever claims to abide in him must walk as Jesus walked."

Rule of Life

A pattern of life to focus and shape our practices around God's revealed will, so to live in his life and liberty and produce his fruit.

Or:

A practical plan to abide in Jesus by walking as he walked.





3 PARTS

3 Months: Measure, Clear, Build

Or: Measure, transition, shape



Weeks 2-4

Measure

What do we attend to and what is shaping us?
Toward God and what is interference or detraction?

Honestly, according to Jesus. (Wk 2)



REMINDER:

**You can restart this
any time**

ROL is a pattern of practice you can redo,
refurbish or restart at any time.

At least Check in ONCE a year



Wks 2-4

Measure actions

Focus and interference

Week 1: Decide what to measure

Week 2: Start measuring

Week 3: Keep measuring and start evaluating
both measurements and results.



Week 3: **Measure**

1. Piety: Motivation

Gracious striving

2. Discipline: Discernment

Wise measurement

(both are part of God's revealed will)



POINT 1

Gracious striving is maturity

The specifics can cause disagreement,
but the baseline is universal.



POINT 2

Discernment needs focus

God has given us key areas of influence
on which to focus our discernment.



Week 3

Measure: What shapes us?

1. Structures
2. Content
3. Companionship

Phlippians 3:17-20a

Join with others in following my example, brothers, and take note of those who live according to the pattern we gave you. 18 For, as I have often told you before and now say again even with tears, many live as enemies of the cross of Christ. 19 Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things. 20 But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ



Mapping influence:

Structures

Content

Worldly Mind
Companionship

Devil

Flesh

World

Unseen
influence

Visceral and
infernal draw

Company of
mockers & ungodly

Destiny is
destruction

God is their
Stomach

Glory is in
their shame



Philippians 3:20-21

But our citizenship is in heaven. And we eagerly await a Savior from there, the Lord Jesus Christ, 21 who, by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.



Mapping influence:

Kingdom Mind

Structures

Content

Companionship

Father's
Providence

Spirit &
Cross

Christ and
Church

Unseen
influence

Spiritual and
conscience draw

Company of
Christ and his
own.

His power will
transform us

Citizenship
in Heaven

Eagerly await
a savior





KEY MEASURE 1:

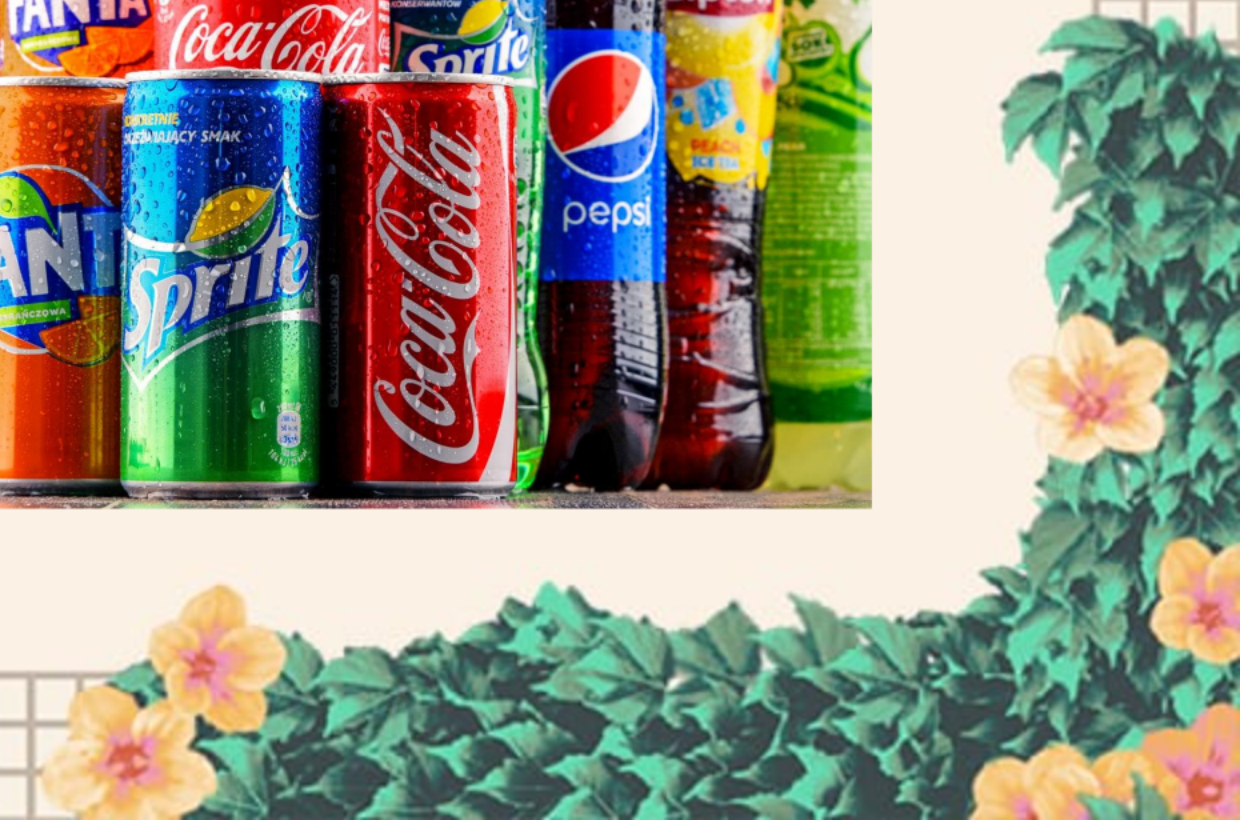
Structures

Seeing the unseen influences, and learning to live with them.

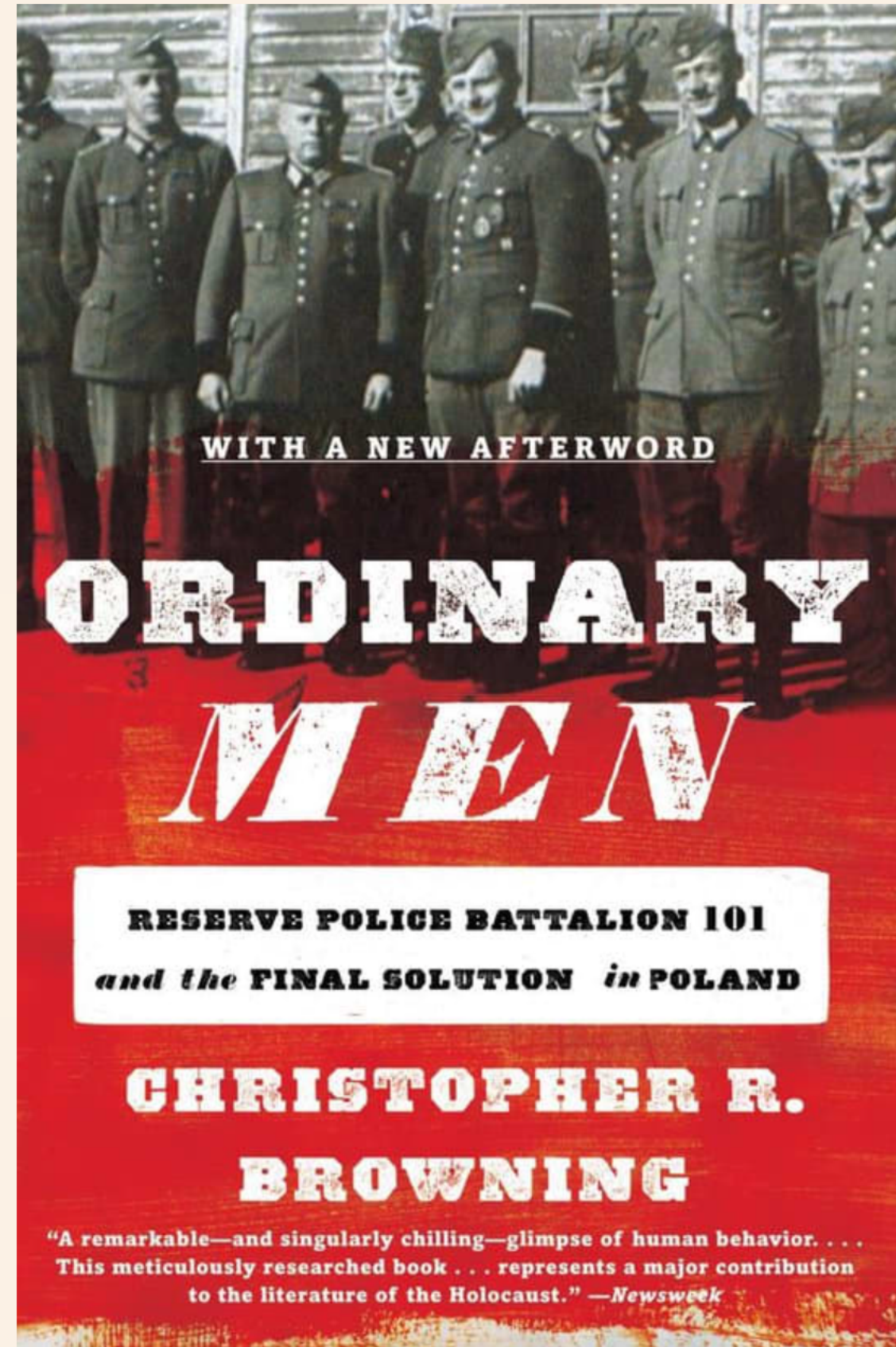
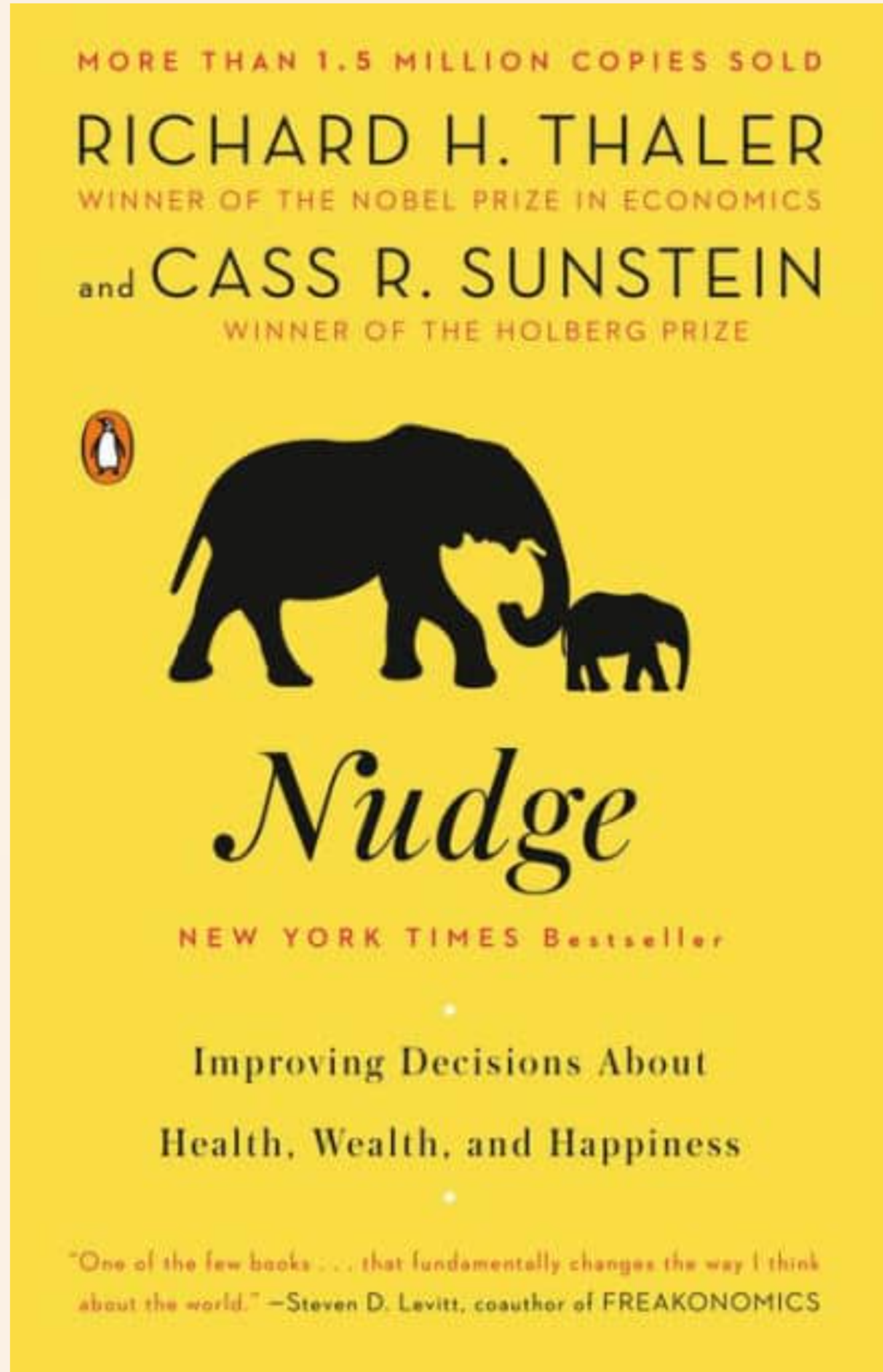
Structures:

The means (the how) by which things happen influence us as much as what happens.

Example:
Infinite scroll is more powerful than the Meme



Recognition: Possible resistance



+/-

authority,
conformity, gradual,
and compromising.





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Key Structures:

1. Tech Entrapments- visceral (amusement) and infernal (rage)
2. Commercial- consumption driven (rather than service & care & depth)
3. Health and mental health- diminished ability and compromised heart
4. Means of communication- Texting vs. Conversation
5. Awareness vs. reflection
6. Noise vs. solitude and quiet
7. Video vs. Listening vs. Reading vs. Memorizing

Discern on the level of structure
Think river not fish.





KEY MEASURE 2:

Content

Most of it is designed to bypass our defenses

Rationality, emotion, instinct

can be smart but not... can be smart but not... can be smart but not...

One kind of bypass content rides on another

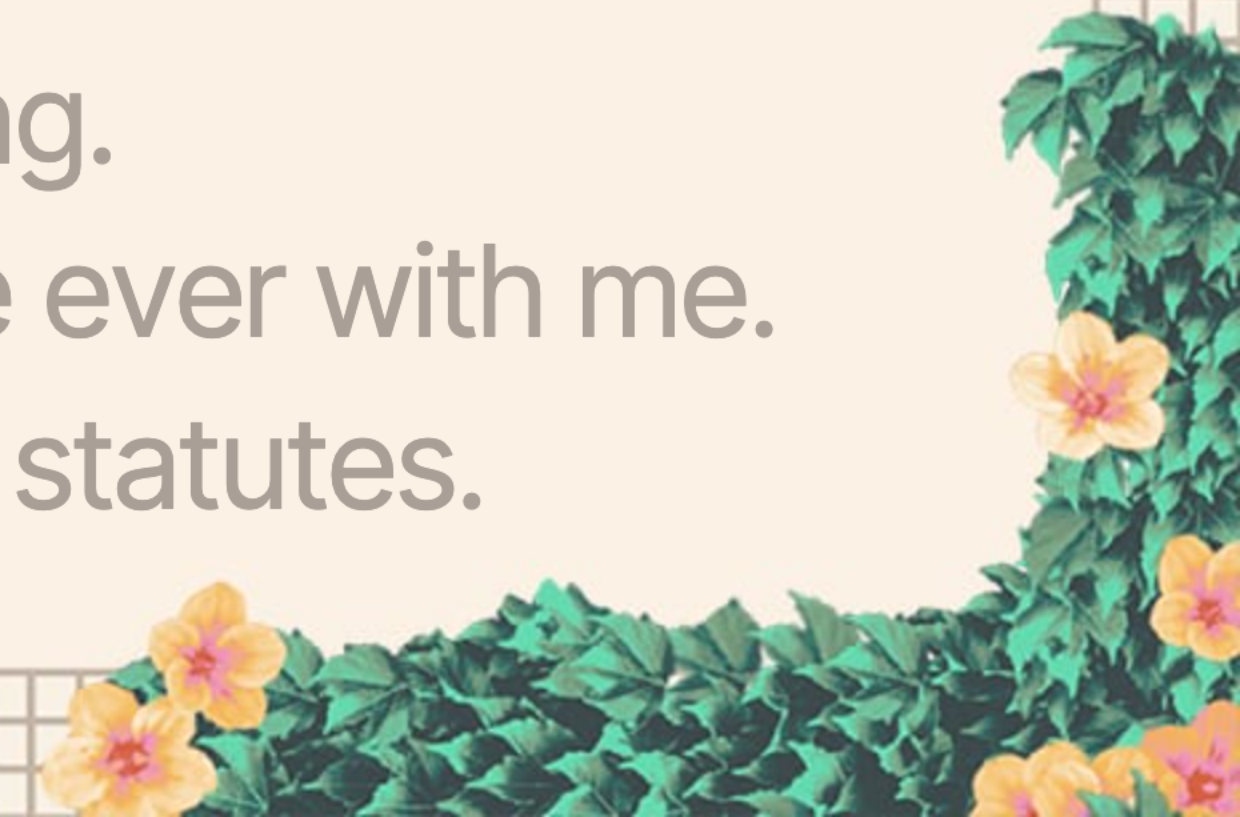
VIRTUE, . . . being of two kinds, intellectual and moral, intellectual virtue in the main owes both its birth and its growth to teaching (for which reason it requires experience and time), while moral virtue comes about as a result of habit, whence also its name (*ἠθικὴ*) is one that is formed by a slight variation from the word *ἔθος* (habit). From this it is also plain that none of the moral virtues arises in us by nature; for nothing that exists by nature can form a habit contrary to its nature. For instance the stone which by nature moves downwards cannot be habituated to move upwards, not even if one tries to train it by throwing it up ten thousand times; nor can fire be habituated to move downwards, nor can anything else that by nature



Psalm 119:97-99 Oh, how I love your law! I meditate on it all day long.

98 Your commands make me wiser than my enemies, for they are ever with me.

99 I have more insight than all my teachers, for I meditate on your statutes.



Key Content:

1. Stories with colateral damage to spiritual and moral sentiment
2. Visceral over thoughtful
3. Angering or "sound bite" or "they are their worst thought" media
4. Enobling vs. disenobling- Phil 4:8
5. Entitlement over responsibility
6. Exotic and original vs. ordinary and repetitive.



Discern on the level of influence
Think river not fish.





KEY MEASURE 3:

Companionship

You become like those you eat with

Psalm 1:1-2

"Blessed is the man who does not
walk in the counsel of the wicked
or stand in the way of sinners
or sit in the seat of mockers.

2 But his delight is in the law of the LORD, and
on his law he meditates day and night."



Companionship:

Who do you spend time with?

Who do you think is "cool?" - instinct toward high status

Who do you want to accept you?

Vs.

Who would it be good to be more like?

Who has good fruit in their life and is wise?

Who has a track record of integrity and character?



Spiritual companionship:

Union with Christ and his Church

2 Companionships:

1. Union with Triune God- you are never alone.
2. Brothers and sisters / band of brothers in doing God's will



Rule of Life

In Christ and by Gracious Striving...

What enables the maturity in "living up to what we have already attained" in living "heavenwards"?

What distracts, interferes and diverts us from this?
Consider: Structures, Content and Companionship.

Do this as an act of devotion,
With Jesus and his people.



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