



RULE

OF

LIFE

Jeremiah 17:5–10
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1 Corinthians 9:19–10:4
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Ask me anything (AMA)

Text your questions to (608) 836-3236 throughout the Rule of Life series.

Even if we don't have AMA time on a Sunday, we'll include them in the podcast.



Memory Verse

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

1 John 2:6

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.





Three Parts to Rule of Life

Three Months: Measure, Clear, Build

Or: Measure, Transition, Shape



Weeks 2–4

Measure

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

Measure honestly, according to Jesus (refer to Week 2)



Evaluate what you measure

What is the purpose of measurement?

A "Rule" is a standard by which we evaluate something important.

A "Rule of life" assumes an evaluation—the Ruler is the basis of the Rule.



Three key dynamics for humble evaluation

1. Spiritual Maturity comes by gracious striving from "Faith to Faith."
2. Spiritual Creatures operationalize faith through disciplined practice.
3. Every act of disciplined practice must flow from and back to Christ.



Dynamic #1

Spiritual Maturity comes by gracious striving from faith to faith

Real faith in something produces faith for something.
Faith in God produces striving faith for His Life

Two plants

Withered bush

1. Trusts in Man
2. Draws strength from Flesh
3. Heart turns away from the Lord



Fruitful tree

1. Trusts in the Lord
2. Confidence in Him
3. Heart trusts in the Lord (assumed parallel)



Two plants

Withered bush

1. Lives in the wastes
2. Doesn't see prosperity
3. "Salt places"
4. Alone



Fruitful tree

1. No fear in heat
2. It is healthy in itself
3. No fear in drought
4. Always bears fruit



Two plants

Withered bush

1. **Trusts in Man**
2. **Draws strength from Flesh**
3. **Heart turns away** from the Lord



Fruitful tree

1. **Trusts in the Lord**
2. **Confidence in Him**
3. **Heart trusts in the Lord** (assumed parallel)



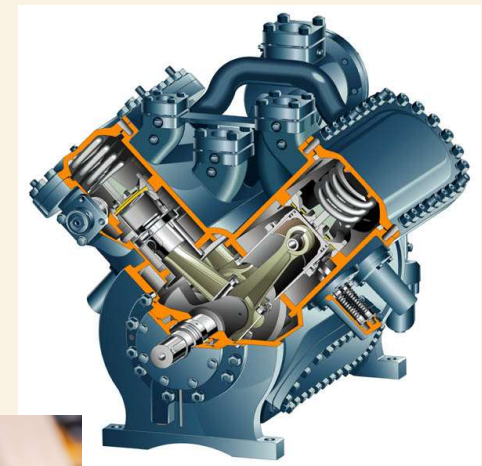
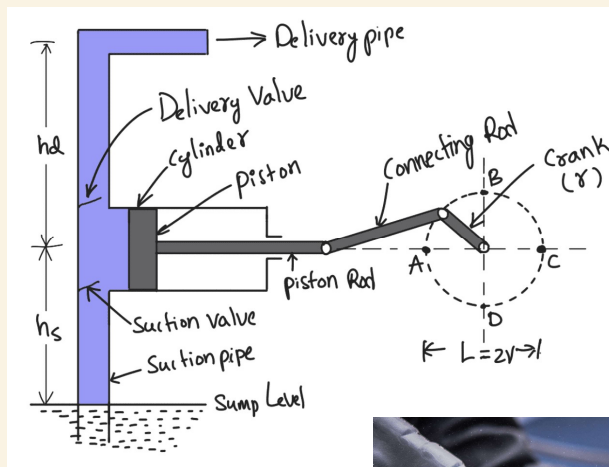
Faith is reciprocating: faith leads to faith AND work is done

Romans 1:17

Hebrews 10:34-39

Habakkuk 2:4

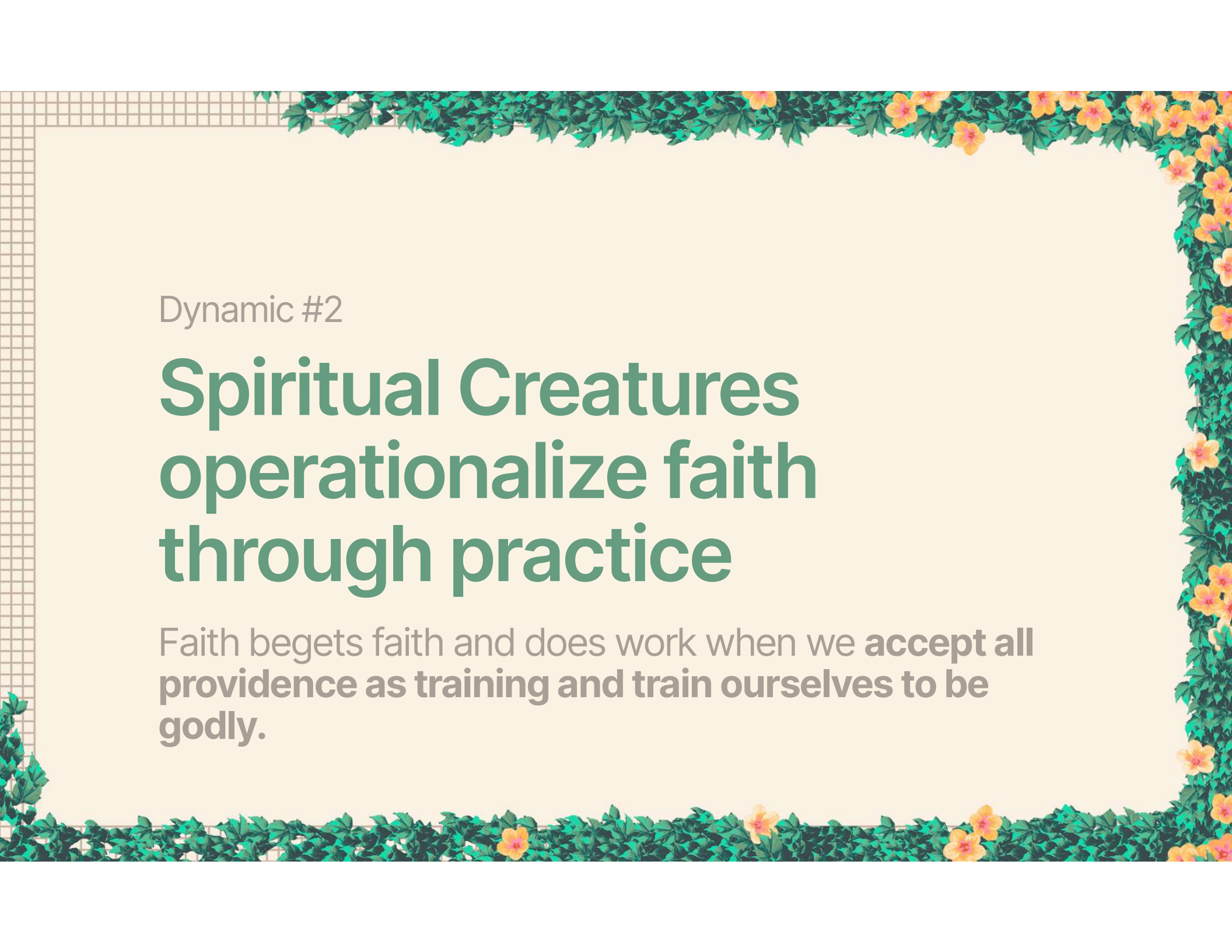
Colossians 2:6-7





Evaluate: discipline and detractions?

- 1. Trust in:** What builds and confirms active trust in the Lord and not in man? What makes me willing to risk in God or look foolish to the world in happy reliance that God is with me?
- 2. Draw strength/Confidence:** What draws strength from God into my heart, soul, and mind? What drains strength from my confidence in Jesus and the flow of strength from the river or vine that is Him?
- 3. Heart's Turning:** What builds affectionate loyalty to Jesus? What helps me see his beauty, goodness, and justice, and what makes me happy to be His and to give myself for His purposes?



Dynamic #2

Spiritual Creatures operationalize faith through practice

Faith begets faith and does work when we **accept all providence as training and train ourselves to be godly.**



Four kinds of practices:

1. **Obedience:** obeying revealed commands
2. **Observances:** attending to key environments and rituals
3. **Disciplines:** spiritual practices shaped for our maturity
4. **Stewardship:** investing all God has put in our hands

Clear and key areas to evaluate.



Faith to faith that works...

Obedience in hardship

Hebrews 12:4–11

Proverbs 3:11–18

He trains the one he delights in so we may share in his holiness, to produce a harvest of peace.

Intentional Training

1 Corinthians 9:19–10:4

Technopoly 6: Feb 18, 2024

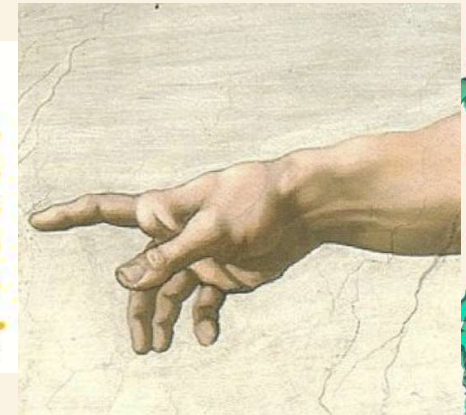
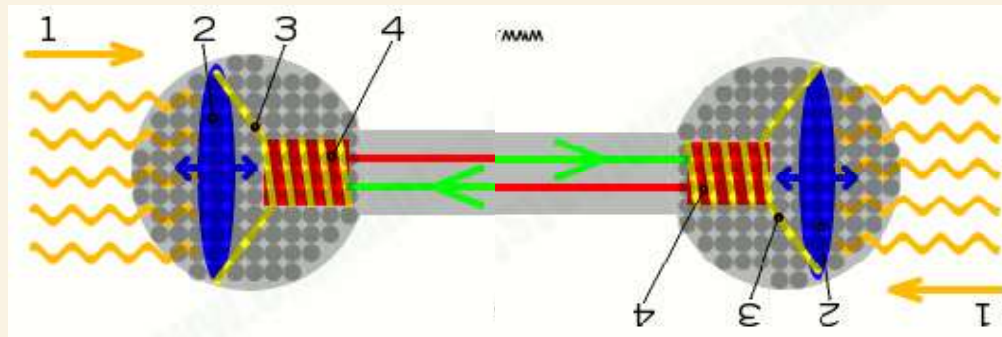
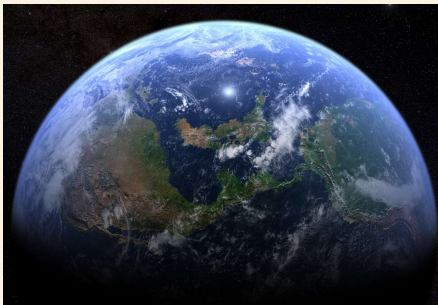
We train to persevere and to share in ALL the blessings of the Gospel (the ones only holiness can include us in).



What about observances, rituals and environments?



Godliness transduction



Creation

Senses:

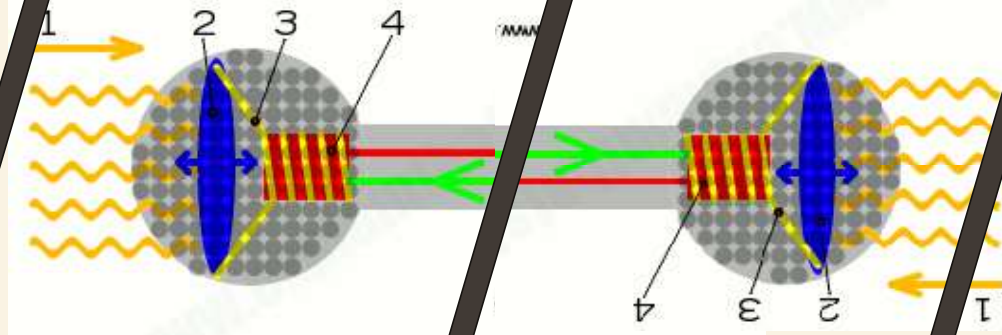
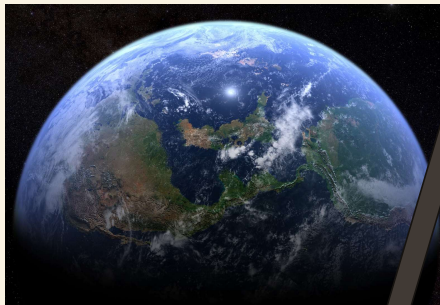
Image
Memory
Sense

Souliness:

Heart
Soul
Mind
Conscience

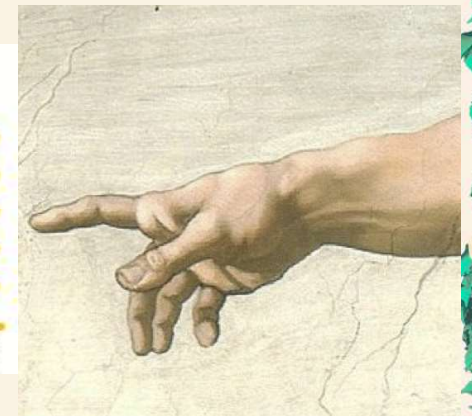
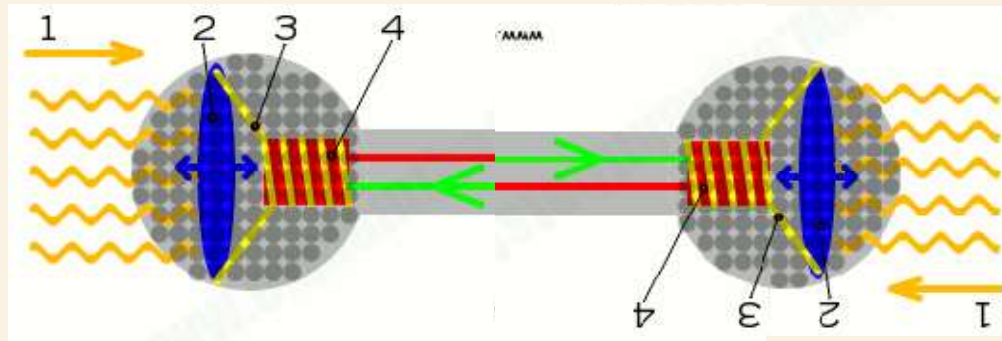
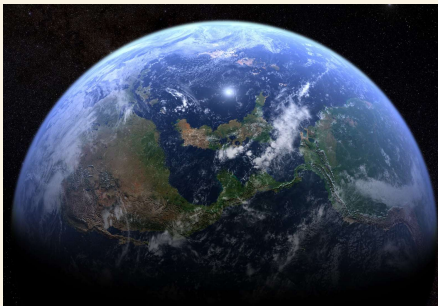
Creator

Godliness transduction



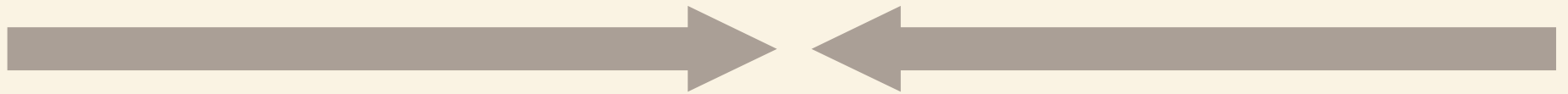
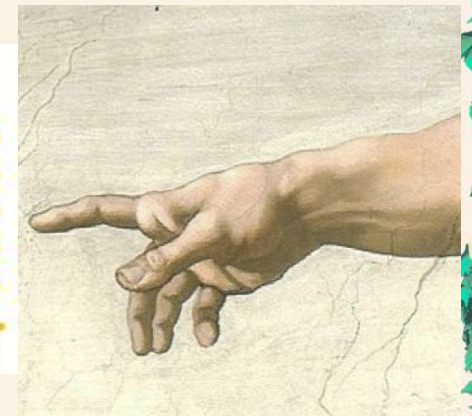
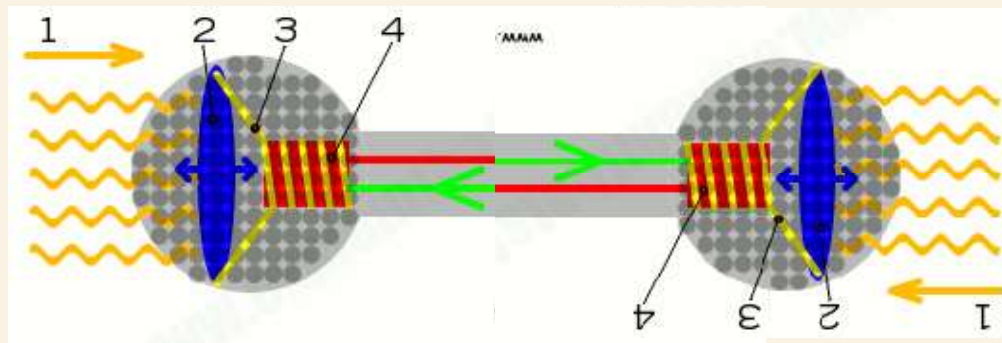
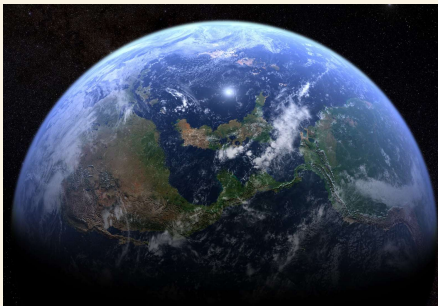
These are disconnected and disordered. **They must be restored.**

Godliness transduction



Practices that connect all four help unite our internal disconnection and disorder.

Godliness transduction: example



Corporate worship
Lord's supper
Laying on hands



Evaluate:

1. What practices in my life are adding or detracting from drawing strength from God?
2. What is the relations of my senses and my souliness in these? Do they privilege my senses to transmit worldliness to my soul? Or do they allow God to transmit himself into my soul to reorder my senses?
3. Are my practices "whole" enough- connecting creation to creator, and redeeming me as a creature in the image of my creator?

(The ritual and environment matter a lot more than we think)



Jeremiah 17:9–10

The heart is deceitful above all things and beyond cure. Who can understand it? "I the LORD search the heart and examine the mind, to reward a man according to his conduct, according to what his deeds deserve."



Dynamic #3

Every act of discipline must flow from faith to faith as it works

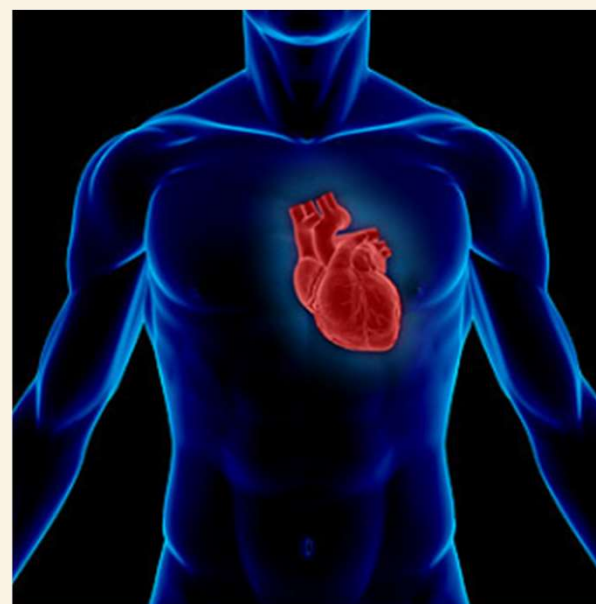
All training must flow from and back to Christ and the Gospel.

Feed your heart to feed off it

People think we live from what is in our heart.

The heart is not a spring without a source.

To live by its outflow, it needs a pure source.



From faith to faith for it to work (in 2 ways)

Jeremiah 17
Faith in the Lord

- **Trust in**
- **Draws strength from**
- **Heart turns toward**

What does this mean?

More on this in week 6

Colossians 2:16-23
Bad profiles = Bad imitation

In Christ vs false spirituality:

- False Intellectualism
- False Observance
- False Mysticism
- False Asceticism



Evaluate:

1. Do I have a craving for worldly and fleshly practices, but a dour and negative attitude about Christ's disciplines?
2. Am I studying, observing, feeling, and training from faith to faith? Am I doing it in Christ, for Jesus and in the truth and grace of the Gospel?
3. Have I commanded the commendable? Have I let the commendable be commanded on me?
4. Am I more prone to the false humility of Col 2, or the undisciplined choking of Mark 4? Or is World, flesh and Devil working both in me?
5. What will help me train from faith to faith?



What to do now:

1. Truthfully determine the detractions and diversions in your life. Be honest even if you have no hope of changing them—or even a deep intention.
2. Reckon with the basic obediences and rituals of basic discipleship:
 1. Obey what you know is good and resist what you know it evil
 2. Pray at some moment of the day thankfully and reverently
 3. Attend worship with the family of God, as your family



Prov. 3:12 ...the LORD disciplines those he loves, as a father the son he delights in.

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Profiles

Personal Profile:
Your portrayal of yourself

Evidence Profile:
Your portrayal of yourself



Eli, 24

📍 7 miles away

Sunday fundays > lazy Sundays
Skiing > snowboarding
Electric guitar < acoustic guitar (but I play both)

Peanut butter > jelly (Though, they still go together pretty well. Maybe we will too.)



Maria, 25

📍 2 miles away

"The girl doesn't stop." - My best friend Erin
"Excellent incisors. And she flosses." - Dr. Dan, my dentist
"She's not as crazy as she looks." - My ex boyfriend Jake
"Fasten your seatbelts, it's going to be a bumpy night!" - Betty Davis from All About Eve (Ok, so Betty didn't say it about me, but it fits somehow.)



Yin, 27

📍 2 miles away

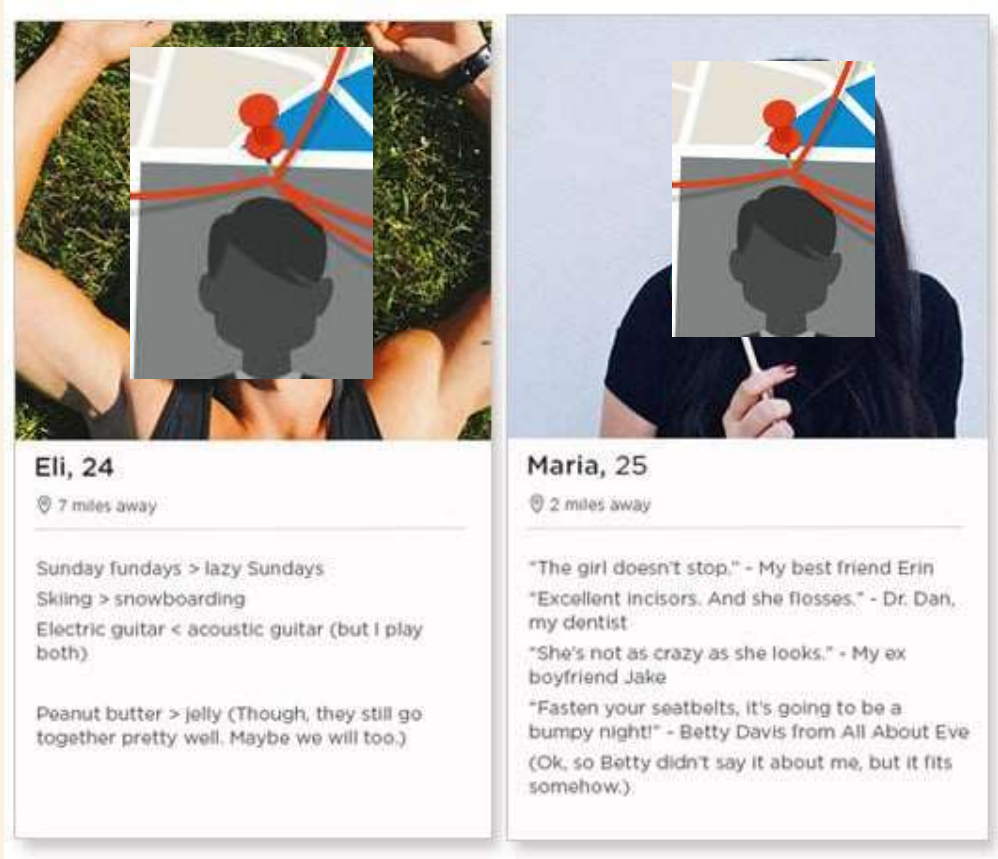
Grew up in the Portland, Oregon area. Survived middle school by becoming a skater kid (still haven't grown out of it). Now I'm trying to pay my rent, play my music, and make my way. Looking forward to going to Brazil in the fall. If you have any tips on what I should see, definitely let me know.



Profiles

Evidence Profile:

If you were given the information you measured about a stranger, what profile would you construct describing the God they believe in?



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