

RULE

OF

2 Peter 1:3-9

Page 1852

LIFE





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









Life, Purpose, Fruit, Pleasure

Rule of Life

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

Or:

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



2 Peter 1:3-11

Rule of Faith

Knowing and professing
the truth
Right Doctrine
Orthodoxy

Rule of Life

Walking as Jesus walked
Discipleship
Faithfulness

Rule of the heart

Piety, passion and devotion
Spiritual fervor
One Master, Seek first

2 Peter 1:3-7 as summary pattern

Rule of faith, heart and life

Believe in God's power, his Christ, his calling, and his promise in the Gospel

Feel/care that you can escape corruption and participate in God's nature, do what Jesus did, grow in virtue, and see God

Do: Pursue virtue in faith to full completeness, lacking nothing.

Faith, Hope and Love

Faith trusts in God's power, the knowledge of Christ, and God's promises

Love is pursued through exertion of faith toward virtue

Hope motivates us to please God, be productive, and reach Christ's reward

Process: How to make a Rule of Life

1. Assessment- measure what is happening
2. Evaluate- Will this achieve my goal & God's will?
3. Make Room- Move out much more than seems needed
4. Explore- discover Jesus' patterns and apostles teaching
5. Discern- what do I need to prune out and add in?
6. Devotion- set faith on God's grace, power, providence and Spirit
7. Construction- Make rule's shape explicit
8. Practice- do it.
9. Support- do it with and with support of other believers
10. Restart- adjust and reset again and again. Persevere.



Process: How to make a Rule of Life

1. Assessment- measure what is happening
2. Evaluate- Will this achieve my goal & God's will?
3. Make Room- Move out much more than seems needed
4. Explore- discover Jesus' patterns and apostles teaching
5. Discern- what do I need to prune out and add in?
- 6. Devotion- set faith on God's grace, power, providence and Spirit**
7. Construction- Make rule's shape explicit
8. Practice- do it.
9. Support- do it with and with support of other believers
10. Restart- adjust and reset again and again. Persevere.

Holiness vs. Moralism

Holiness/Godliness/Sanctity

Truth precedes goodness

Metaphysics precedes morality

Faith precedes works

Life precedes fruit

Grace precedes Justice

Joy and thankfulness motivates suffering and sacrifice

Moralism/Legalism

Ideology dictates goodness

Morality w/o transcendence

Fear precedes works

Submission produces conformity

Punishment establishes justice

Fear and pride motivate hypocrisy and bureaucracy

Rule of Life through...

Holiness/Godliness/Sanctity

Freedom

Faithfulness

Fruit

Joy in all things

Progress in virtue

Abiding in Christ

Power of the Spirit

Moralism/Legalism

Bondage

Failure

False and no fruit

Guilt, anger and discouragement

False virtue and libertinism

Religiosity (form w/o function)

Spiritual powerlessness w/ abuse of authority

Process: How to make a Rule of Life

1. Assessment- measure what is happening
2. Evaluate- Will this achieve my goal & God's will?
3. Make Room- Move out much more than seems needed
4. Explore- discover Jesus' patterns and apostles teaching
5. Discern- what do I need to prune out and add in?
6. Devotion- set faith on God's grace, power, providence and Spirit
7. Construction- Make your/the rule's shape explicit
8. Practice- do it.
9. Support- do it with and with support of other believers
10. Restart- adjust and reset again and again. Persevere.



Making a Rule of Life:

A plan for making God's purpose for you prevail over all others.

Make a Rule of Life

The Bible doesn't command we write out a Rule of Life, but it calls us to embrace a series of components of discipleship to learn to walk as Jesus did. Writing a Rule of Life makes this explicit, clear, purposeful, and allows for editing and accountability. This is especially important when other agendas and purposes for us are so technologically advanced and

Simple Rule of Life (Traditionally Evangelical pattern)

Fellowship, teaching/study, prayer, service/sacrifice

Acts 2:42-47

⁴² They **devoted themselves** to the **apostles' teaching** and to the **fellowship**, to the **breaking of bread** and to **prayer**.

⁴³ Everyone was **filled with awe**, and many **wonders and miraculous signs** were done by the apostles. ⁴⁴ All the **believers were together** and had **everything in common**. ⁴⁵ **Selling their possessions** and goods, **they gave** to anyone as he had need. ⁴⁶ Every day they **continued to meet together in the temple courts**. They **broke bread in their homes** and **ate together with glad and sincere hearts**, ⁴⁷ **praising** God and **enjoying** the favor of all the people. And the **Lord added to their number daily those who were being saved**.

Practical Lists of Sp. presnts:

John M. Coon	J. Edwards	Wesleyanism	Ancient Church (1-4th Cen)
Prayer	① Prayer	Works of Piety	① Memorize Scripture
Fasting	② Fast	I - Scripture	② Pray the psalms
Solitude	③ Solitude	Prayer	③ Regular Fasts (2x a wk)
Generosity	④ Private Worship	fasting (wkly)	④ Lord's Prayer 3x daily
Scriptures	⑤ Bible	Worship	⑤ Sign of the cross (a lot)
Community	⑥ Journal keeping	Healthy living	⑥ Weekly fellowship / worship
Service	⑦ Listening	Share faith	⑦ Monks - Silence / solitude
Witness	⑧ Stewardship time	Communal - sacraments	⑧ Prayer, Fasts + desire Prayer
		- accountability	⑨ Simplicity + Generosity
		- Bible Study	
		Works of Mercy	
		± - Good Works	
		Visit the Sick	
		" Impersonal	
		Feed Hungry	
		give generously	
		Communal - Justice	
		End oppression	
		" discrimination	
		address needs of Poor.	

○ - Standard + Included
○ - Consistent Secondary

3 approaches to Spiritual disciplines: What do I include in My Rule of Life?

Reformed "Means of Grace"	David Mathis	Dynamics of Sp. Life	SP of the Substance Fost	Disciplines will and	3-Way Journey	Disc. of
① Hear His Voice: Bible	Scripture	read meditate memorize	UPWARD	- Solitude - time	- Fast	- Silence
② Bible - read	Prayer			- Thanksgiving - km discontent	- Fervor	- Chastity
③ Meditation on Scripture	Fast			- Confession: Harvest to 6	- Secrecy	- Sacrifice
④ Memorize Scripture	Silence / Solitude			- Bible Meditation: Slow Read	- Simplicity	- Simplicity
⑤ Prayer - Have His Ear	Worship		Inward		- Study	- Worship
⑥ Private Prayer	Journal		Journaling		- Celebrate	- Service
⑦ Corporate Prayer	Serene		Hiding Memories		- Prayer	- Fellowship
⑧ Incorporate Fasting	Stewardship		Outward		- Submission	- Confession
⑨ Journal	Stewardship					
⑩ Fellowship - Belong to the Body						
⑪ Fellowship						
⑫ Corporate worship						
⑬ Preaching, teach + study						
⑭ Ordinances						
⑮ Discipline / Correction + Rebuke (give + receive)						
⑯ Tests of Grace						
⑰ Witness + Global Mission						
⑱ Money: Generosity						
⑲ Time + Energy: Stewardship						
⑳ Focus: Attention + Inner Mind						

⑳ Diff Sp. disciplines do more + less at different stages of

Practical Lists of Sp. pursuits:

John M.K. Comser	(Western) J. Edwards	Wesleyanism	Ancient Church (1-4th Cen) (thesacredfaith.co.uk)
<u>Prayer</u>	① Prayer	<u>Works of Piety</u>	① Memorize <u>Scripture</u>
<u>Fasting</u>	② <u>Fast</u>	I - <u>Scripture</u>	② <u>Pray</u> the psalms
<u>Solitude</u>	③ <u>Solitude</u>	<u>Prayer</u>	③ Regular <u>Fasts</u> (2x a wk)
<u>Generosity</u>	④ Private Worship	fasting (wkly)	④ Lord's <u>Prayer</u> 3x daily
<u>Scriptures</u>	⑤ <u>Bible</u>	<u>Worship</u>	⑤ Sign of the cross (a lot)
<u>Community</u>	⑥ Journal keeping	Healthy living	⑥ Weekly <u>fellowship</u> / <u>worship</u>
<u>Service</u>	⑦ Learning	<u>Share faith</u>	⑦ Monks - <u>Silence</u> / <u>solitude</u>
<u>Witness</u>	⑧ Stewardship time	Communal - <u>Sacraments</u>	⑧ <u>Prayer</u> ropes + desire <u>Prayer</u>
		- <u>accountability</u>	⑨ Simplicity + Generosity
		- <u>Bible Study</u>	

Works of Mercy

I - Good Works

Visit the Sick

" Impoverished

Feed Hungry

give generously

Communal - Justice

End oppression

" discrimination

address Needs of Poor.

⊖ - Standard + Included

⊕ - Consistent Secondary

Reformed "Means of Grace" Don Whitney Dynamics of Sp. Life. Sp of the ~~Substance~~ Disciplines will and Fost
 3-WAY Journey

David Mathis: Disc. of

① Hear His Voice: Bible Scripture UPWARD - Fast

① Bible - read read meditate memorize - Solitude - ^{make} time - Silence

② Meditation on Scripture Prayer - Thanksgiving - ^{kill} discontent - Fervor

③ Memorize Scripture Fast - Confession: Heart to God - Chastity

② Prayer - Have His Ear Silence / Solitude - Bible Meditation: Slow read - Secrecy

① Private Prayer Worship Inward - Sacrifice

② Corporate Prayer Journaling - Simplicity

③ Incorporate fasting Silence Hearing Memories Disc. of Ex

④ Journal Stewardship / Give Outward - Study

③ Fellowship - Belong to the Body Intercession/prayer - Worship

① Fellowship Forgiveness - Celebrate

② Corporate worship Hospitality - Service

③ Preaching, teach + Study Good Works / Soc Act - Prayer

④ Ordinances Sp. Gifts. - Fellowship

⑤ Discipline / Correction + Rebuke - Submission

(give + receive) - Confession

④ Tests of Grace

① Witness + Global Mission

② Money: Generosity

③ Time + Energy: Stewardship

④ Focus: Attention + Inner Mind



Considerations for making a Rule:

1. Start with Jesus and the apostles.

Most modern "Rule of Life" advocates often conflate emotionally recharging activities in general with spiritual practices in particular. Don't do this.

Biblically Normative Disciplines:

1. Stewardship- faithful obedience investing in God's will
2. Moral acts that conform to love- service/generosity
3. Prayer and worship
4. Fasting (with focus, frugality, and use of solitude)
5. Attending to Scripture and God's truth
6. Fellowship/Community/Hospitality
7. Discipling/mentoring/imitation
8. Ordinances/Sacraments, Lord's Day and Sabbath



Considerations for making a Rule:

2. Distinguish between prophetic and moralistic guilt

Do your guilt feeling portend a bad future or condemn you and define your future? Is your guilt feeling a painful invitation or a slammed door?

"I didn't read Bible/pray and I feel bad!"

Moralism

God doesn't like me.
I'm always a disappointment
I'm never going to get this
I'm a bad Christian
What if people find out?
Maybe this is stupid

Prophetic

I didn't get to see the beauty
of God in Christ
I lost precious time knowing
the savior
I need to study scripture to
know Jesus better
I'm going to find the next
earliest moment to do it.
Jesus waits and wants to
teach me.



Considerations for making a Rule:

3. Diversify your “practices portfolio”

Do different KINDS of spiritual practices.

Different Kinds of Practices:

- 1. Practices of Focus:** Fasting, Sabbath, silence, solitude
(Negation of business, hurry, distraction and diversion)
- 2. Attending on God:** Worship, Prayer, Scripture: St/Med/Cont, Sacraments (Pay attention to God and his revelation)
- 3. Welcoming Ordinary:** Service, Generosity, Hospitality, stewardship, avocation... (embracing real life)
- 4. Formational Community:** Fellowship, corporate worship, ord, prayer, eating, testimonies, shepherding, discipleship, discipline, shared witness

Different Kinds of Practices:

1. **Environments**- diversified places of absorption and imitation: (Corporate worship, Small Group/fellowship, quiet times, mentoring/disciplining)
2. **Disciplines**- practices of training and learning: (fasting, prayer, study (dig)/meditation (think)/contemplation (feel and imagine), accountability)
3. **Obediences**- practical acts of stewardship and investment: (Hospitality, service, generosity, witness, disciplining)



Considerations for making a Rule:

4. Utilize natural rhythms with rituals

When do spiritual practices make fit and create a rhythm in your life?

Lord's day, morning and evening, sabbath, festivals, meals...

Rhythms and Rituals

Rhythms

Lord's Day

Morning and Evening

Sabbath

Meals

Festival

Hospitality night/slots

Seasons

Rituals

Attend and take time

Prayer and study

Rest, enjoyment, prayer

Thanks, sharing, fam devos

Spiritual Traditions

Welcoming and including

Parties or shared work



Considerations for making a Rule:

5. Emphasize what works now and for you

Now: in the phase of your Spiritual growth

For you: In your personality and temperament

Emphasis on “what works for you”

Temperament

Extroversion

Conscientiousness

Openness/clarifier

Intellectual

(Some of this is more than Temp and personality. It's experiences and wounds—that will need healing in #4, or before.)

Practices

Includer vs. helper

Study vs. Contemplation

Study groups vs devotionals

Study vs. hearing



Considerations for making a Rule:

6. Treat your weaknesses

Don't just play to your strengths. Do some things designed to shore up weaknesses and face fears/anxieties. Sin and devils don't attack general weakness, but key faults. He gains "footholds", and he "prowls around"- looking for opportunity.

Treating weaknesses with practices

Weakness

Ignorance

Dull Love

Self-control

Selfishness

Self-involvement

Isolation

Cowardice

Practice

Study or mentoring

Contemplation, worship

Fasting, etc

Sacrifice and service

Attending to the weak

Fellowship

Acts of faith; like witness



Considerations for making a Rule:

7. Connect to your phase of spiritual development

Matching Rule to your spiritual phase

Common Phases:

1. **Seeking**- hearing and believing
2. **Purgative**- Purging sin
3. **Illuminative**- learning discipleship
4. **Stewardship**- Productive serving with kingdom mindedness
5. **Healing/The Wall**- facing what you won't cause you're stuck, "deepening through drought and wind"
6. **True surrender**- true life through death
7. **Unitive love**- real love for what God loves

Practices

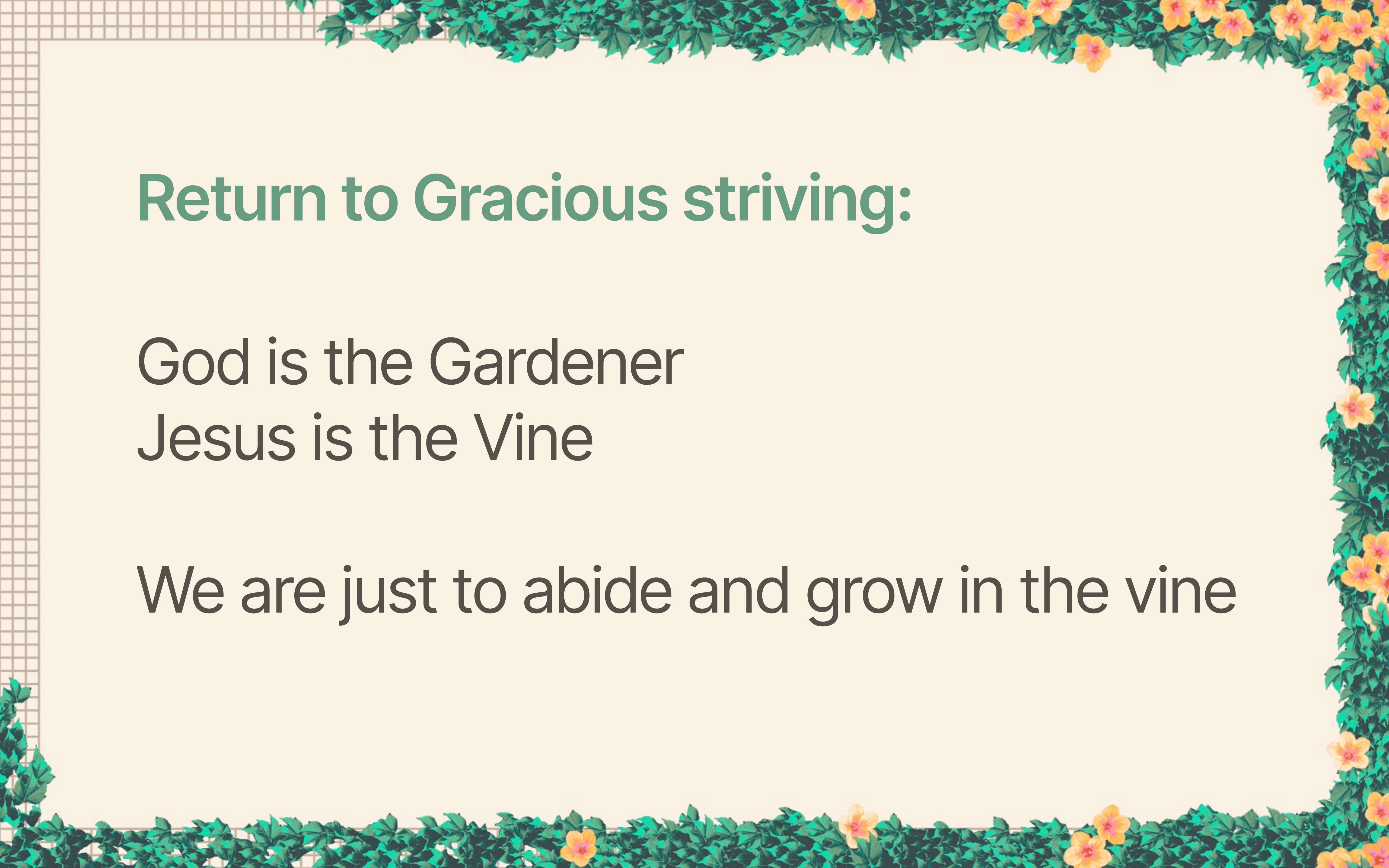
1. Read gospels and hear Gospel
2. Put off the old and put on the new
3. Learn Christ
4. Do the good you're remade for
5. Get curious about what isn't working, get guidance
6. Die so you can really live
7. Love only what God loves in true awakening



Considerations for making a Rule:

8. The goal is progress not performance.

What direction is your heart and life moving? Is the OVERALL effect of your practice in Christ focusing your on abiding, leading you to walk like Jesus, and allowing God to prune you and make you more fruitful?



Return to Gracious striving:

God is the Gardener
Jesus is the Vine

We are just to abide and grow in the vine

In Christ...

- Justification- You are accepted
- Sanctification- You are free
- Presence- You are not alone
- Destiny- God will complete what he started
- Authority- You have the right to do this

RULE

OF

2 Peter 1:3-9

Page 1852

LIFE



Apostle's Creed

I believe in God, the Father almighty, creator of heaven and earth.

I believe in Jesus Christ, his only Son, our Lord.

He was conceived by the power of the Holy Spirit and born of the virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried.

On the third day he rose again.



Apostle's Creed

He ascended into heaven and is seated at the right hand of the Father. From there he shall come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of the saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.
Amen.

catholic (*Greek*) = "universal"

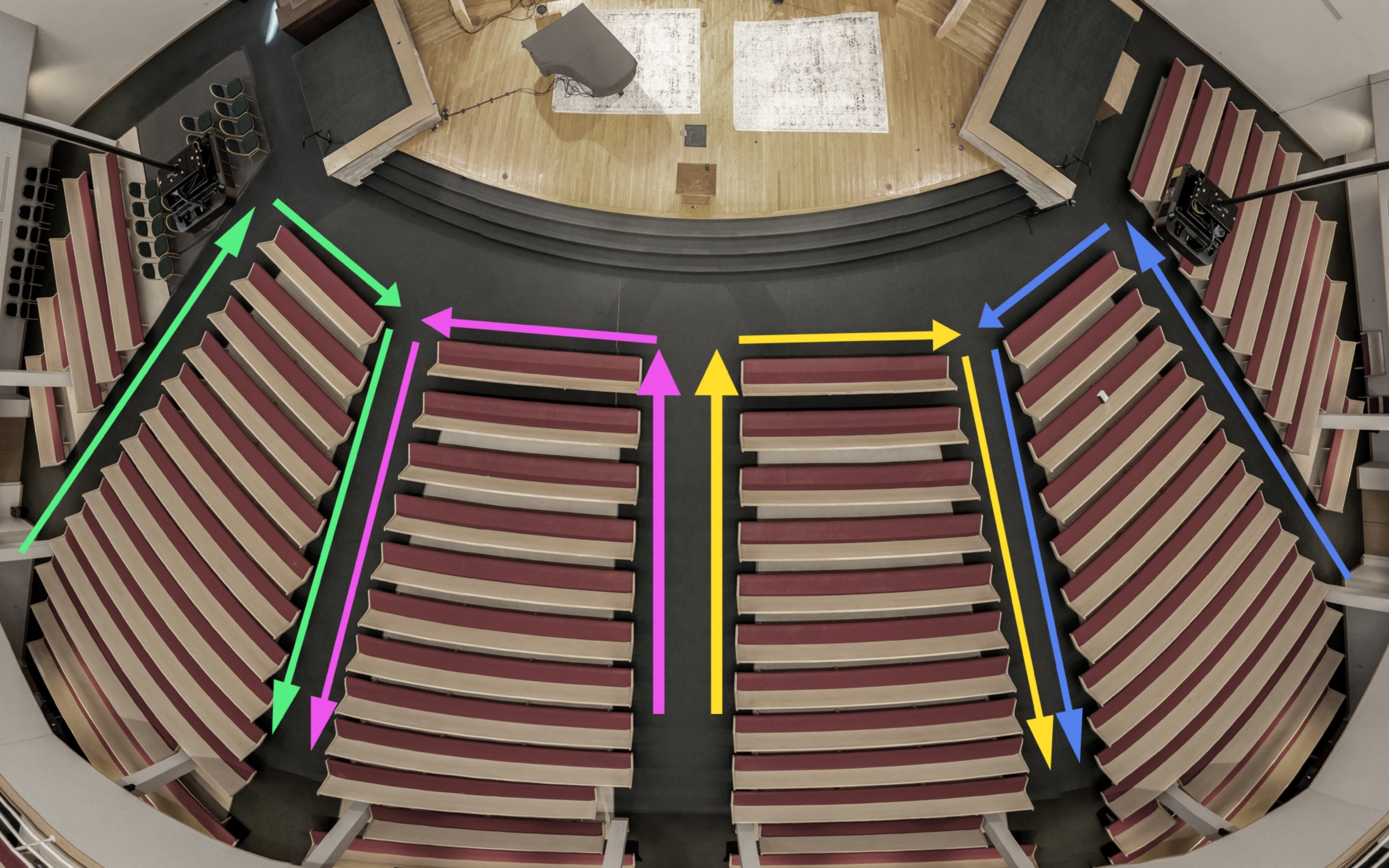


Prayer of Confession

Most merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done, and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbors as ourselves. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us; that we may delight in your will, and walk in your ways, to the glory of your Name.

Amen.





RULE

OF

LIFE

