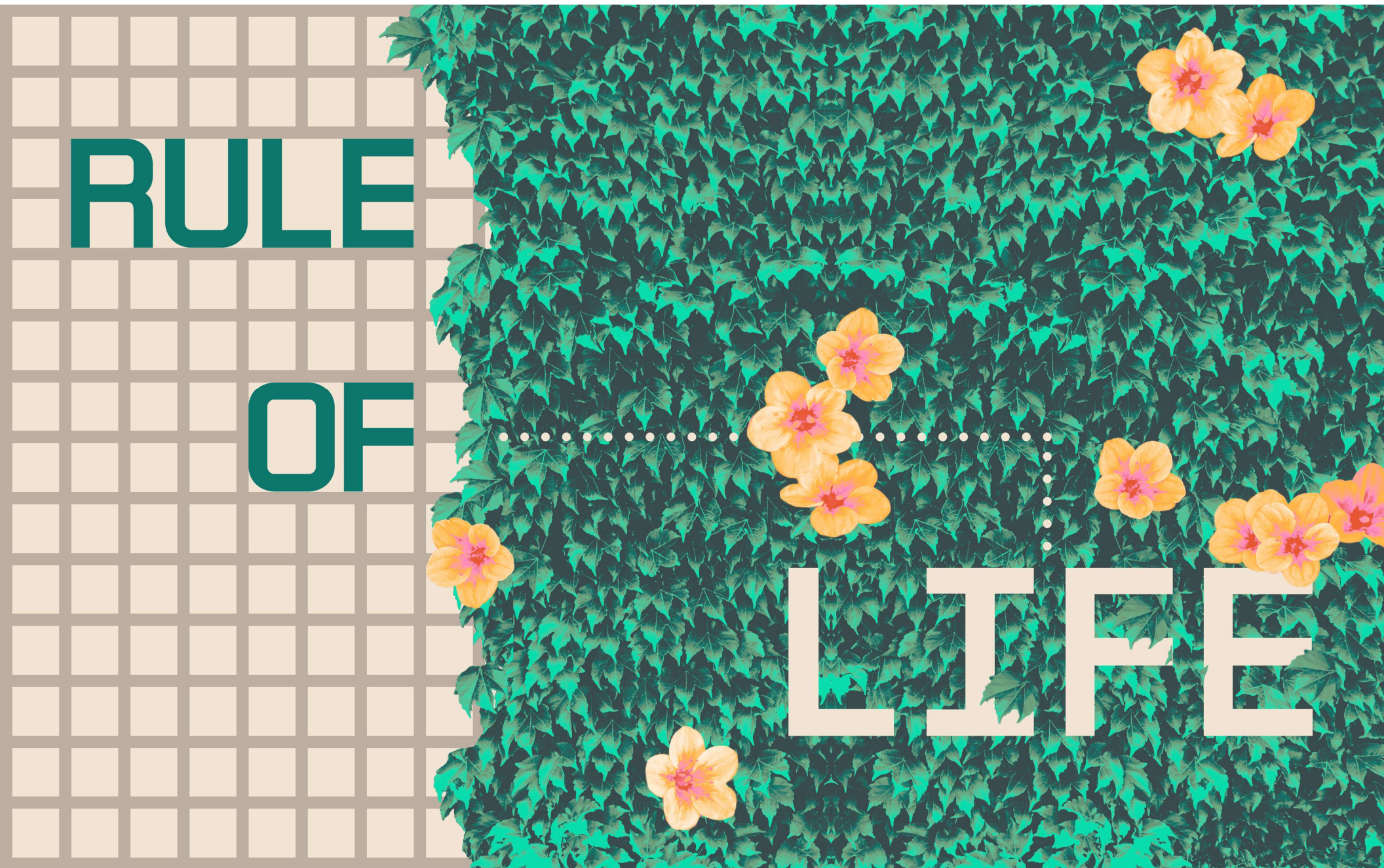


RULE

OF

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

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:

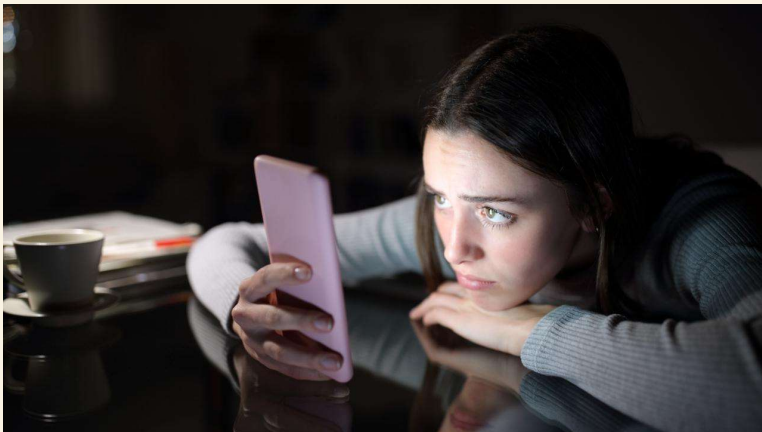
A practical plan to abide in Jesus by walking as He walked.



We need to:

1. Write it down
2. Have objective measurement
3. Have a ritualized plan

How is this going?



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J12

	A	B	C	D	E	F	G	H
1	Category	Daily	Weekly	Monthly	Quarterly	Annually	Bi-annual	Sabbatical
2	Abiding: be with							
3	Mind and Soul	Bible	Sabbath reading time- Sat		2 day retreat			Reading and reaserch
4	Heart & spiritual	Morning Prayer	Fast- Thurs?		2day retreat	West Hunt		Restoration time
5	Obedience			Elder Accountability				follow plan
6	Become like him							
7	Body					West hunt		
8	Exercise	walking mtgs	3x workout			Hunt Training- Aug-oct		
9	Avoid Sugar	CA						
10	Weight monitoring							
11	Rest	Bed time: 10:15	Sabbath		2 day retreat			10-16 wks 7th year
12	Relationships							
13	Spouse	CA	Date			Canada Fish		
14	Children	CA	Coaching	Fish				
15		Breakfast- 7:20am	Sabbath breakfast					
16					Family outing	Family Vacation		
17	Friends					West Hunt		
18	dep. Colleagues				AA pastors connect			
19	Consultant			Pod with Adam and Mike W				
20	Conseling			Marriage and personal				
21	Spiritual Direction							
22								
23	Do what he did:							
24	Work	8:45-4:30 daily	5am-1:30pm sun, 1 night mtg avg					
25	Money		Tithe	SAI missions	Budget check	Year end Gift		
26	Gospel				SAI and ICS board			India Trip
27	Hospitality			Single friend over				
28	Poor							
29								
30	Subtraction and Restraint							
31	News/opinion		weekly only					
32	Wanter/shopping	CA		Wanter List- 3 month min				
33	Enthusiast vs. leader	CA						
34	Videos/memes	CA						
35	Podcasts	workout & car only						
36								
37								
38								
39	CA- Checklist Accountability							
40								
41								
42								
43								
44								

Nic ROL 2024

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ROL Month 3: Doing it

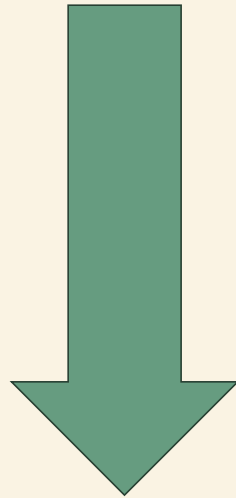
Make a Rule:

Lay the track to the target

ROL Month 3: Doing it

Make a Rule:

Lay the track to the target



Ferocious

Faith If you'll do anything,
you'll do everything

The **modest
structure**
needs a
**ferocious
mentality**

Make a Rule:

Lay the track to the target



Moralism/Legalism
Trap

Ferocious

Faith If you'll do anything,
you'll do everything

ROL Month 3: Doing it

These two components
of **spiritual striving** are
necessary, but they need
a stabilizing substance

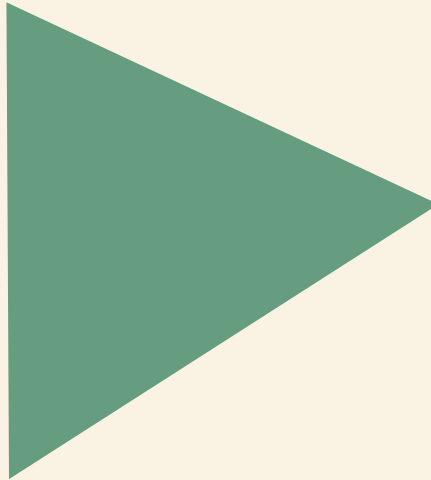


Some are
real
bad

ROL Month 3: Doing it

Make a Rule:

Lay the track to the target



The Spirit of the Discipline

The Holy Spirit and the spirit of grace

Ferocious

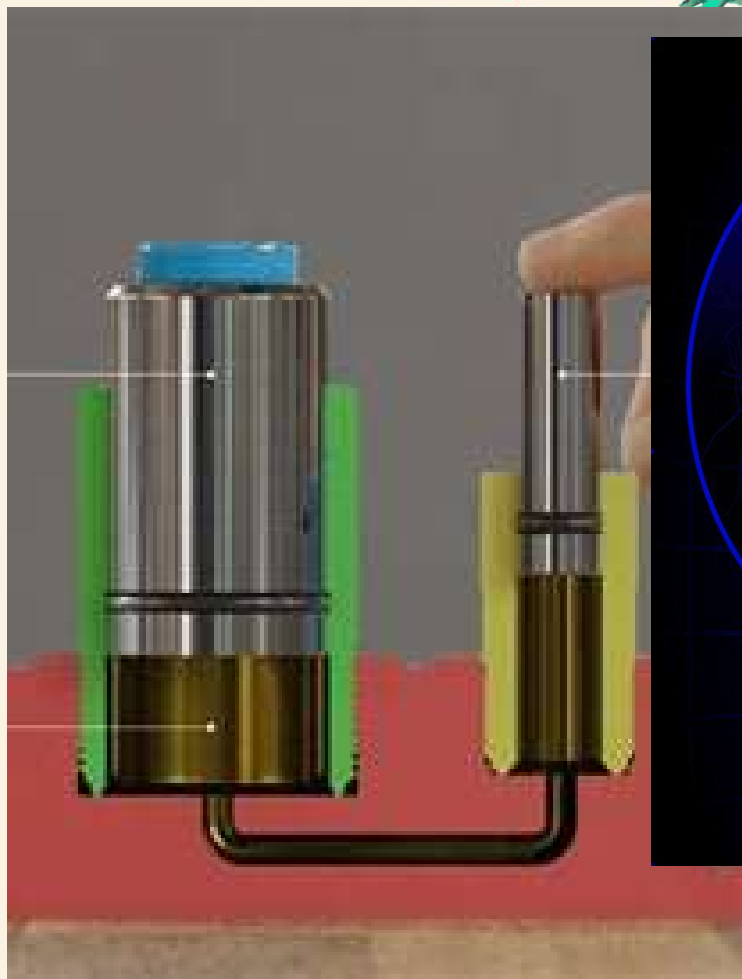
Faith If you'll do anything,
you'll do everything



The plan and faith need a spirit...

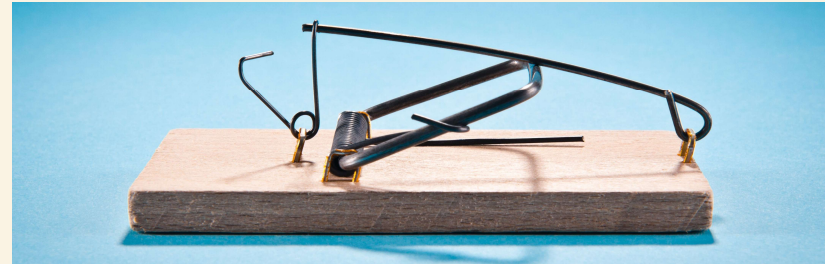
The disciplines have a Spirit

When the disciplines lose their **spirit**,
they lose their **heart**.



Ferocious faith + Ordered path + God's work = productive working power

$$\frac{36 \div 9}{54 \div 9} = \frac{4 \div 2}{6 \div 2} = \frac{2}{3}$$



Ferocious faith + Ordered path + God's work = productive working power



The Disciplines have a Spirit

1. The Holy Spirit is the Spirit of the Disciplines

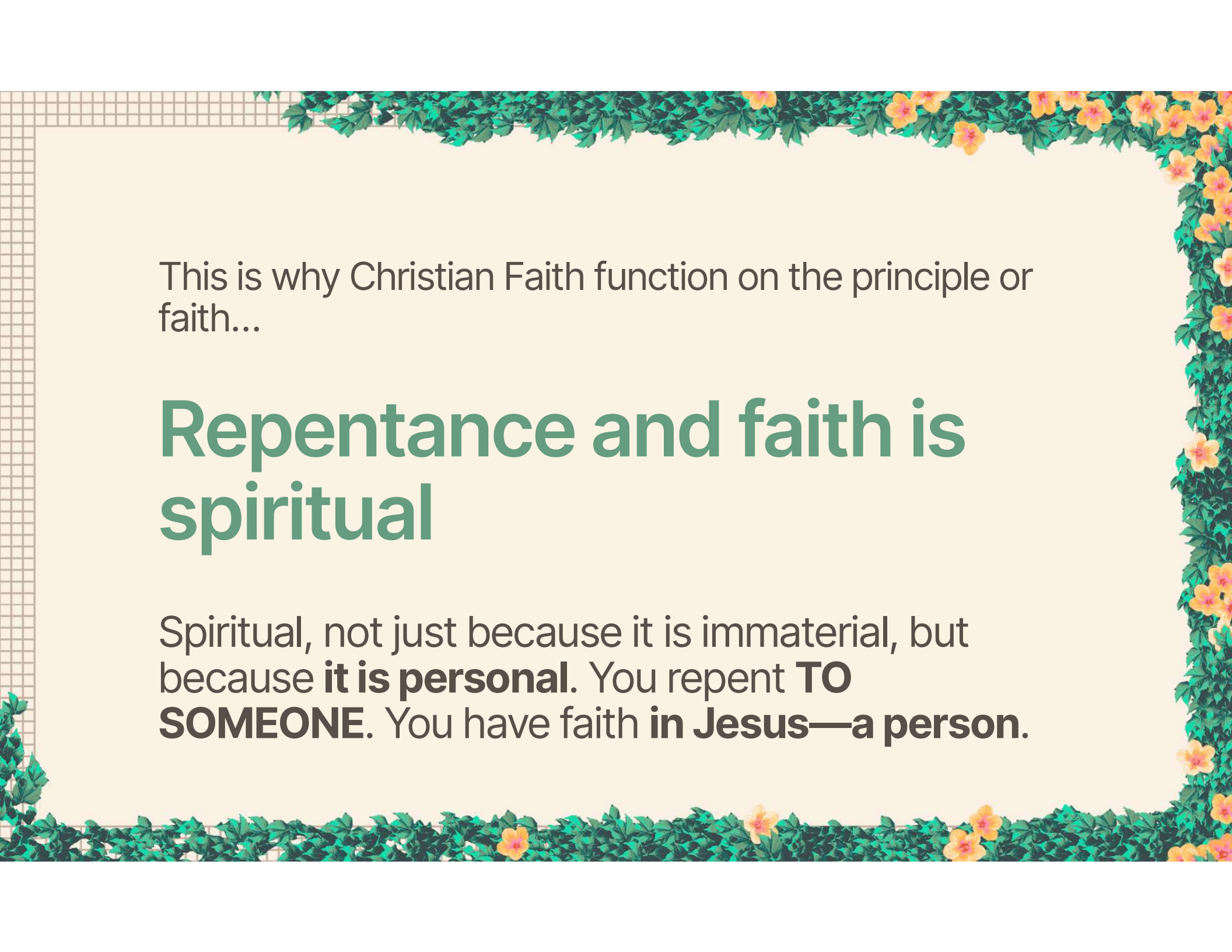
In Christian faith, "Spiritual" means rightly oriented toward the holy God who is Spirit and Truth (John 4:23-24). God's Spirit is most called: the Holy Spirit, the Spirit of truth, and the Spirit of Jesus.



John 4:23-26

"...a time is coming and has now come when the true worshippers will worship the Father **in spirit and truth**, for they are the kind of worshippers the Father seeks. ²⁴ God is spirit, and his worshippers **must worship in spirit and in truth.**"

²⁵ The woman said, "I know that Messiah" (called Christ) "is coming. When he comes, he will explain everything to us." ²⁶ Then Jesus declared, "I who speak to you am he."



This is why Christian Faith function on the principle of faith...

Repentance and faith is spiritual

Spiritual, not just because it is immaterial, but because **it is personal**. You repent **TO SOMEONE**. You have faith **in Jesus—a person**.



You are not trusting yourself.

**You are trusting the Spirit
of Jesus**

**This person is worthy and can take the
weight.**



Who is this spirit and what is he like?

The Spirit of God and of Christ

Spirit of truth

Spirit of life and freedom

Spirit of holiness

Spirit of power, enabling, gifting

"Like a spring of living water flowing within you."



The Law of the Spirit in Romans 8



The **Spirit** of Life has a Law (vs 1-2)

Live according to the **Spirit**—the Law met in us (vs 3-4)

Our minds set on the **Spirit's** desires—the **Spirit** who has sway (vs 5)

"Mind of the **Spirit**" is "Life and Peace" (vs 6)

Life in the **Spirit** defeats the "control of the Flesh" (vs 9)

Spirit raises us in Christ as he raised Christ's body from the dead (vs 10)

Spirit of mortification of Sin and sonship in God (vs 13-14)

Spirit of courage and intimacy—no fear when God is Abba (vs 15)

Spirit testifies in our spirit that our sonship is real (vs 16)

Spiritual heirs share in his sufferings—and his glory (vs 17)



The Holy Spirit of Truth is the Spirit of the Disciplines

The Disciplines lose their *heart* when they lose their *Spirit*

Our Rule, and all striving, **turns to legalism and moralism when we lose the Spirit of Spiritual Striving.** The law produces death, and the flesh produces pride and license and hypocrisy.

How do you keep the Spirit at the heart of Spiritual life?

Power

Expectancy of God's sensible power in revelation, miracles, orchestration, favor...
(affirmative but not normative)

Seek his Kingdom.

Faith

Piety

Trusting that the Spirit of Jesus will work insensibly as we imitate Jesus, walk like him, and learn the virtues of love.
(The object of spiritual fervor)

Seek Him, Jesus himself.

Participation

Stewardship: serving the spirit who is the Lord of all we have in our life to invest in his good, pleasing and perfect will.
(investing everything we have like he really owns it all)

Seek his Righteousness.



Apply/do:

Pray before every discipline to **invite God's spirit and presence**

Surrender to God's working and will when your labor is stuck

Explicitly ask God for help in things you can't control

Talk to God in your emotional battles and anxieties

Explicitly chose to **believe God's promise in the midst of fear**

Takes steps that require faith (risk), not just labor (responsibility).



The Disciplines have a spirit...

2. Grace is the spirit of the disciplines.

God's generosity of spirit is the foundational dynamic of spiritual life and transformation. It is the ground of the peace, joy and thankfulness that drives our gracious striving.



God's Generosity comes "In Christ..."

1. **Justification:** You are accepted
2. **Sanctification:** You are free
3. **Indwelling Spirit:** You are not alone
4. **Authority:** You can do God's will
5. **Destiny:** You have a glorious future

Every person must learn to pursue their sanctification on the basis of their justification.

Philippians 3:13-16

Justification
Sanctification

Brothers, I do not consider myself **yet to have taken hold** of it. But one thing I do: **Forgetting what is behind** and **straining towards what is ahead**,¹⁴ I **press on towards** the goal to win the prize **for which God has called** me heavenwards in **Christ Jesus**.¹⁵ All of us who are mature should take such a **view of things**. And if on some point you think differently, that too God will make clear to you.¹⁶ **Only let us live up to what we have already attained.**



How do you keep the spirit of the disciplines?

Grace must beget grace

Generosity doesn't automatically produce thankfulness, peace, and joy. Grace without grace produces resentment. Grace can worsen lostness, hardness, and condemnation (John 3:18, Romans 12:20).



Grace without grace produces resentment

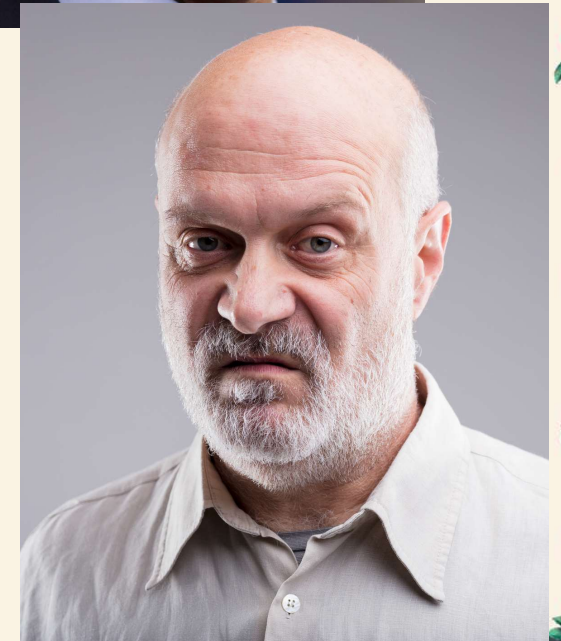
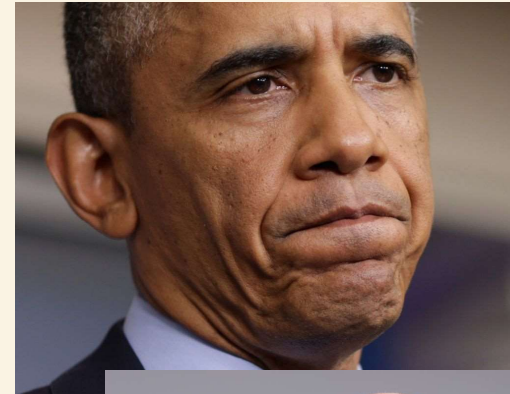
1. **Worthlessness:** If god had to do everything, then I can't do anything right.
2. **Judged:** If I'm not good enough, then it's all judgment and self-importance. God wants to dominate and shut us up.
3. **Condescended:** I don't want to be treated like I can't take care of myself. Making us like children is unmanning and makes us into children—or worse—to make us better.
4. **Indebtedness:** If he really paid a debt of hell and judgment, then I am in a worse moral debt. We can never be even. I'll always be an inferior and a liability.

Resentment projects itself

The God I resent must resent me. His expression must be anger or disappointment.



What is the face looking out at you?





Romans 8:29-32

For those God foreknew he also predestined to be conformed to the likeness of his Son, that he might be the firstborn among many brothers. ³⁰ And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified. ³¹ What, then, shall we say in response to this? If God is for us, who can be against us? ³² **He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?**

(Doubting God's graciousness because of his moral seriousness is the great bigotry of the World, Flesh and Devils. It is a damning rejection of the logic of the cross.)



Romans 7:22-25

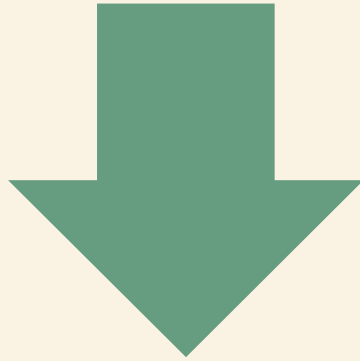
For in my inner being I delight in God's law; ²³ but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. ²⁴ What a wretched man I am! **Who will rescue me from this body of death?**

²⁵ Thanks be to God—**through Jesus Christ our Lord!** So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin.

Romans 7:22-25

Who will rescue me from this body of death?

²⁵ Thanks be to God—**through Jesus Christ** our Lord!



Romans 8:29-32

³² **He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?**



If the disciplines lose their spirit. They lose their heart.

**The Spirit of Jesus is the Spirit of the disciplines.
The Person of the Spirit is the Holy Spirit.
The Dynamic is the spirit is Grace.**

The God that is in for Jesus is in for the rest.

**The more we live in this S/spirit, the more we and our
disciplines will have life.**

RULE

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