

CRAFTING A PERSONAL RULE OF LIFE

©Geri and Pete Scazzero (April, 2010)

Adapted from Debra Farrington's *Living Faith Day by Day*

STEP 1

Write down everything you currently do that nurtures your spirit.

These are things that connect your spiritual life with your daily life - activities where God is already present. Normally, when we think of spiritual activities, we limit ourselves to things such as prayer, worship and Bible reading. We want to encourage you to expand into new areas that **bring you delight and joy**. This may include such things as: outdoor recreation, exploring new places, exercise, silence and reflection, Sabbath, days alone with God, time with people you enjoy, journaling, caring for the environment. This may also include avoiding certain activities such as violent movies, hurry, and going beyond your limits.

STEP 2

Take the list and place them into the four areas - prayer, rest, work/activity, relationships using My Personal Rule of Life Worksheet.

STEP 3

Think about what other activities you are not currently doing but want to do- experiences that fill you with joy, life, energy and peace. Add these to your list in each category. Are there other activities that you want to stop doing because they drain you and disconnect you from God?

STEP 4

Take a step back and examine your Personal Rule of Life.

What are some changes you would like to make to create a life that enables you to remain in on-going communion with God?

STEP 5

Remember:

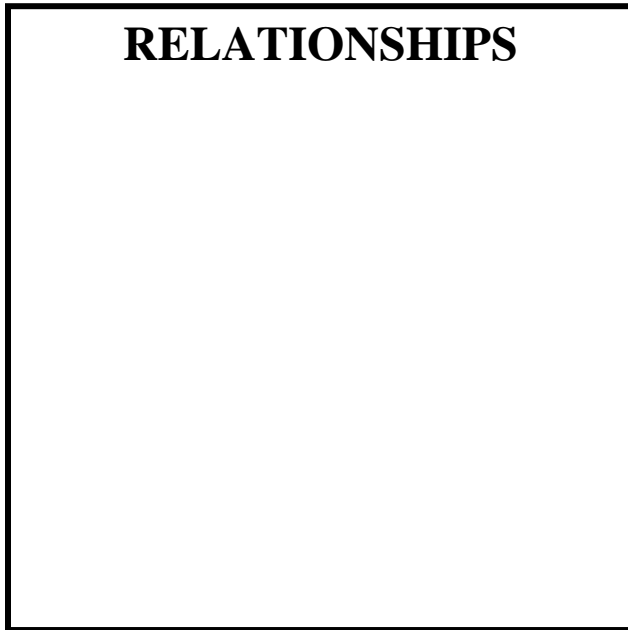
1. Listen to your heart's desires when discerning YOUR RULE. God speaks to us through them.
2. Make sure YOUR RULE includes some joy, play and fun.
3. Take baby steps. Don't make YOUR RULE impossible to follow.
4. You're going to have trouble keeping YOUR RULE sometimes.
Recognize that you're human and try again. Unexpected things come into our lives that we can't help. We take on projects that are bigger than we expected.
It takes experimentation to discern what form YOUR RULE should take.
5. Figure out how much structure you need - a lot or a little.
6. Debra Farrington in her book, *Living Faith Day by Day* writes about PRAYER:

"Over the years I've also struggled with the amount of structure to build into a rule. People I respect deeply have detailed rules with set times for prayer, established types of prayer and so on. They tell me that if they don't get up at 6:30 each morning and take a half hour of prayer time that they will never get to it during the day. But that doesn't work for me. It makes my spiritual life into something to add to my to-do list, and it becomes a chore and not a blessing. Over the years I have found that my rule for prayer needs to be more open-ended. I am committed to praying daily, but how and when I do that varies from day-to-day."

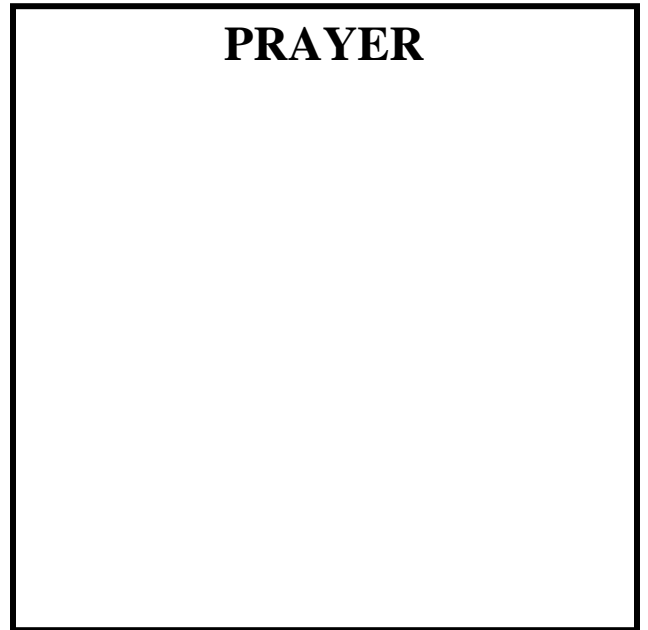
Again, remember the goal as you enter this journey of utilizing this powerful tool called "A Rule of Life" – is to receive the love of God and to offer His love to those around you.

"My Personal Rule of Life"

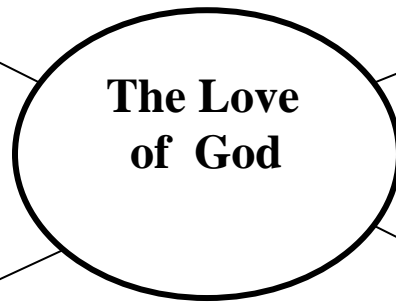
RELATIONSHIPS



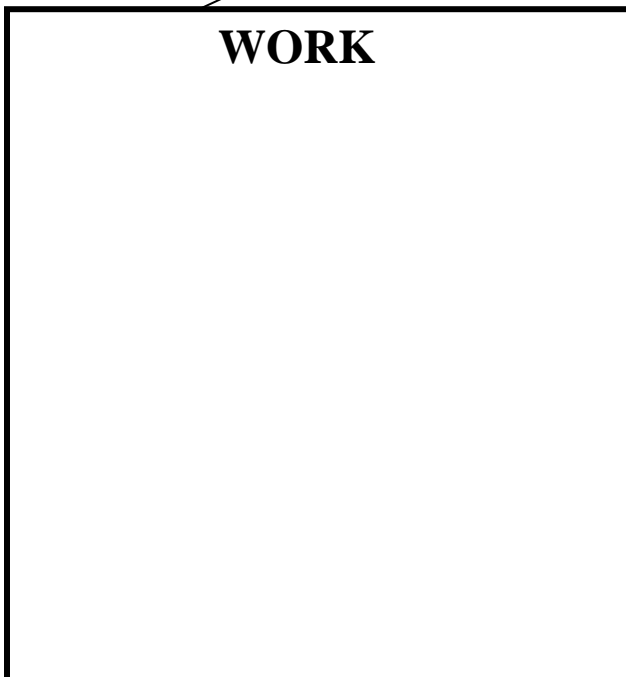
PRAYER



**The Love
of God**



WORK



REST

