

no. **14**  
in the series

Spiritual growth needs to be nurtured through regular spiritual practices. May this practice help you grow deeper in Christ and further in mission.



# grow

deeper  
in Christ

## Using a Rule of Life...

USING A RULE OF LIFE has been a practice of the church for many years. It provides you with an opportunity to think through what nourishes your spirit and helps you connect with God. Walking through the recommended steps provided here creates a helpful guide for regular spiritual growth.

A rule of life is simply a structure that facilitates spiritual formation.

- The Latin term *regula* = English word rule.
- Your own rule regulates your life the way you want it.
- It is something you yearn to do.
- It is a tool for growth.

Many people have a personal rule and don't even know it. For example:

- Attending church on Sundays and holy days is a rule.

- Daily prayer is a rule.
- Saying grace at meals is a rule.

### Personal Rule Assessment

1) Take a sheet of paper and make a line down the middle. Draw a line across about two-thirds of the way down.

2) Label the top left rectangle Daily, and the top right rectangle Weekly. The bottom left rectangle is labeled Monthly, and the bottom right Annually. (When you are finished it will look like the diagram on the opposite page.)

3) In the Daily box write any spiritual practice you do each day, even if it is only saying grace at meals. Follow suit with each of the remaining boxes.

If you do something three times a week, write it in the Weekly box and

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put “3X” behind it.

Something you do twice a month would be in the Monthly box.

Stretch your imagination. You can always edit later.

Just because things are routine doesn't mean they're not important.

Your sheet will reflect your “rule” as it currently exists.

Diagram:

<i>DAILY</i>	<i>WEEKLY</i>
<i>MONTHLY</i>	<i>YEARLY</i>

### Expanding Your Rule

1) If you yearn to do more, then it's time to look around for what will work for you. This is an interesting and exciting process, but it takes time.

2) Start by going back to the personal rule assessment sheet you

filled in. See how balanced your spiritual life is by coding each item using the framework below. Some items will have more than one category.

G = God's Word

R = Relationships

O = Obedient Living

W = Worship

3) Be patient with yourself and remember that this is not a contest. True progress will only happen with God's grace, and that will be given to you in God's time, not yours. It's important that you feel comfortable with what you've added.

4) Go slowly. Your chances of success are better if you add one thing at a time, learn to live with it, and fully integrate it into your life. Adding too much at once can be overwhelming and burn you out. Think in terms of making it for the long haul.

*“For it is God who works in you to will and to act in order to fulfill his good purpose.”—Philippians 2:13*