

My Rule of Life

Template A – 8 practices

Shared Practices	My individual practices
<p>1 Prayer A daily rhythm of prayer</p>	<p><i>Pray each morning for 15 minutes before looking at my phone</i></p> <p><i>Use the Prayer of Examen 3 times each week before bed</i></p>
<p>2 Scripture A life deeply rooted in scripture</p>	<p><i>Read through the gospel of John in small, manageable chunks. Engage in lectio/imaginative scripture mostly. Once a week do a more in-depth study of a section of interest.</i></p>
<p>3 Sabbath A regular rhythm of Sabbath rest</p>	<p><i>Begin Sabbath on Friday evening and end on Saturday evening. Enjoy a Sabbath meal and a slow morning.</i></p>
<p>4 Simplicity + Generosity A life marked by simplicity and generosity</p>	<p><i>Tithe monthly to church</i></p> <p><i>Set aside \$50 per month as a 'blessing fund'</i></p> <p><i>Talk to an accountability partner about any purchases over \$50.</i></p>
<p>5 Family Active participation in the family of Jesus</p>	<p><i>Actively participate in a community group.</i></p> <p><i>Serve monthly at The Food Pantry.</i></p>
<p>6 Hospitality A lifestyle of Christ-like hospitality</p>	<p><i>Invite someone over for a meal once a week.</i></p> <p><i>Aim to have at least one intentional conversation with a neighbor each week.</i></p>
<p>7 Justice & Peace A pursuit of justice and peace in our activities</p>	<p><i>Start an anti-racist book club</i></p> <p><i>Aim to build relationship with a co-worker who is different from me by having lunch once a week.</i></p>
<p>8 Maturity A pursuit of spiritual, emotional & physical maturity</p>	<p><i>Start seeing a spiritual director each month</i></p> <p><i>See my therapist once a week</i></p> <p><i>Seek out accountability from my core group for present sin patterns</i></p>