



My Rule of Life

Template B – 4 areas

Prayer

i.e. a daily rhythm of prayer or a life deeply rooted in scripture

Use the Lectio 365 app morning and evening as a means of engaging with scripture and prayer

Rest

i.e. a regular rhythm of Sabbath rest or a life marked by simplicity & generosity

Stop working extra hours on a Saturday and instead use those hours for rest, delight and contemplation.

Relationships

i.e. active participation in the family of Jesus or a lifestyle of Christ-like hospitality

Once a week spend quality time with good friends

Once a week, have a conversation with someone I don't know very well.

Work

i.e. A pursuit of justice and peace or spiritual, emotional & physical maturity

Start serving at The Food Pantry

Weekly meeting with my core group