



# My Rule of Life

Template B – 4 areas

## Prayer

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

## Rest

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

## Relationships

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

## Work

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