



# SPIRITUAL PRACTICES & DEVELOPING A RULE OF LIFE

## I. SPIRITUAL PRACTICES (or Spiritual Disciplines)

### A. WHAT Is A Spiritual Practice?

- Ways or means for positioning ourselves to receive His grace and sanctification. (1 Thessalonians 4:3) In other words, any activity that helps me gain power to live and love as Jesus taught and modeled it.
- IMPORTANT: Spiritual Practices themselves do NOT produce the inner transformation, God does that!
- Something we practice and never master.
- Goal is always Jesus - to grow in your relationship with your Father, look more like the Son by the power of the Holy Spirit.

### B. What Spiritual Practices Are Not...

- Not just for the spiritually “mature”
- Not just for the monastics
- Not dull and monotonous chores or laws (Spiritual Practices can be life-giving!)

### C. WHY Should We Incorporate Spiritual Practices In Our Life?

- We are worshippers. (Romans 12:1)
- We are disciples (Luke 6:40)
- We are at war (Ephesians 6:12)
- Abundant life (John 10:10)

## II. DEVELOPING A RULE OF LIFE

### A. WHAT is a Rule of Life?

- A personal and customized schedule and set of Spiritual Practices that is developed over time.

- A Rule of Life serves as our fixed structure of rhythms that keep us abiding in the Vine (Jesus), helps us to produce the fruits of the Spirit in our life, and offers protection during difficult seasons in our life.

### **B. Tips For Developing Your Rule of Life.**

- Customize according to what is beneficial for you and your growth.
- Start small and where you are at, not where you believe you should be.
- After you have spent time learning about and trying a Spiritual Practice, assess whether it should be adopted as part of your Rule of Life. Helpful questions to ask include:
  - Does the practice lead you closer to Jesus?
  - Does it help you grow in your love for others?
  - Is the practice life-giving or is it just draining you?
  - Do you sense God wants you to adopt this as part of your Rule of life?
- Keep a healthy balance of structure and spontaneity.
- Periodically review and revise your Rule of Life.

### **Additional Resources:**

- *Celebration of Discipline* by Richard Foster
- *The Life You've Always Wanted* by John Ortberg
- *The Ruthless Elimination of Hurry* by John Mark Comer

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