



RULE OF LIFE

RULE OF LIFE

Definition

a set of practices, relationships, and commitments that are inspired by the Spirit for wholeness in Christ.

RULE OF LIFE

Definition

a set of practices, relationships, and commitments that are inspired by the Spirit for wholeness in Christ.

an intentional, slow plan to become the purest version of who Jesus made you to be.

HABITS AUDIT

1. Does it surprise you to see how much time you've given to your phone?
2. How does the time you've dedicated to your most used apps differ from the time you've dedicated to prayer, reading the scriptures, and the spiritual disciplines?

HISTORY.

1st Century

2nd Century

4th Century

6th Century

13th Century

16th Century



Jesus + Paul

Sermon on the Mount + Romans 12

The Didache + catechumenate

The Two Ways (the way of life and the way of death)

Constantine + Theodosius

recognized and established Christianity in dominate culture

Saint Benedict

developed monasteries that lived by a Rule of Life

Francis of Assis + Dominic

third order movement that brought monastic values into the city

Reformers

doctrine focused catechisms



SAINT BENEDICT



RULE OF LIFE

ANTIOCH'S RULE

BE WITH JESUS.

ABIDE

John 15:5. Abiding is a daily, ongoing rhythm of actively choosing to stay in God's presence by spending time in relationship with him—especially through prayer, reading his word, and worship. It's because of our time with God that we are sustained for our days and bear his fruit.

REST

Matthew 11:28–30. We rest as an act of trust and celebration: we pause in the busyness of life, trusting that God will provide, and we celebrate his generosity, goodness, and presence. When we rest, we are taking time to stop, worship, rest, and delight.

ANTIOCH'S RULE

BECOME LIKE JESUS.

COMMUNITY

Hebrews 10:24–25. We choose to press into community—to rejoice together, mourn together, and commit to growing together even when there's conflict. We are made for relationships, and in Jesus-centered relationships, we are individually sharpened, purified, and refined to look more like Jesus.

GENEROSITY

1 John 3:17–18. We are courageously generous with what we have, recognizing that it all was first given to us. This is intentionally choosing to give of our time, talents, and money for the sake of others. Our generosity is a sacrifice but also an investment in the Kingdom of God.

ANTIOCH'S RULE

DO WHAT JESUS DID.

DISCIPLESHIP

Matthew 28:18–20. Discipleship is Jesus-focused, Gospel-centered relationships for the purpose of training, growth, and obedience to God. It is an invitation to walk out the Gospel with the support of others, whether in one-on-one relationships or in groups of three.

JUSTICE

Micah 6:8. We seek kingdom justice in our lives and communities. This isn't the same as how the world defines justice because they want "the Kingdom without the King." In doing justice, we partner with Jesus to step into the brokenness of the world as ambassadors of God's kingdom.

OTHER RULES.

○ THE COMMON RULE

Weekly:

Sabbath

Conversation

Curate Media

Fast

Daily:

Kneeling prayer

Meal with others

Hour with phone off

Scripture before phone

○ THE GOOD WAY

Prayer

Scripture

Sabbath

Simplicity +

Generosity

Family

Hospitality

Justice +

Peace

Maturity

○ BRIDGETOWN

Prayer

Scripture

Solitude

Fasting

Sabbath

Community

Generosity

Witness

Service

GETTING STARTED.

- What are your current rhythms, habits, or routines for spending time with God?
- Who is God creating you to be? (VIM Plan)
 - In response to that, what is He calling you to do? (Means)
 - What is a Way of Life that would best nurture and support your pursuit of who He is creating you to be?
- Consider your motivation: not from shame, independence, or anything but the voice of God.
- Is there anything you should drop from your routine? (maybe because you're doing too much or maybe because it's a way of this world)

TIPS.

1. Start where you are, not where you “should be”
 2. Subtraction, not addition
 3. Balance
 4. Personality and temperament
 5. Season of life and stage of discipleship
 6. Upstream and downstream practices
 7. It might get worse before it gets better
 8. Community
 9. Formation means repetition
- CHECK: Is this formation centered or doing centered?

“A kind of a flexibility, a playfulness, an attitude of experimentation, and generosity and compassion for oneself, I think is really helpful.”

~ Sister Heather Kristine

RESOURCES.

- The Didache <https://www.newadvent.org/fathers/0714.htm>
- Benedict's Rule of Life <https://saintjohnsabbey.org/rule> (or a summary: <http://snowmassmonks.com/abbreviated-rule.html>)

Modern Rules of Life:

- Order of the Common Life: Rule of Life <https://www.orderofthecommonlife.org/rule>
- The Good Way <https://thegoodway.live/resources/>
- Practicing the Way <https://launch.practicingtheway.org/>
- Practicing the Way Archived Workbook
<https://practicingthewayarchives.org/unhurrying-with-a-rule-of-life/workbook?rq=rule%20of%20life>
- Bridgetown <https://bridgetown.church/ruleoflife>
- The Common Rule <https://www.thecommonrule.org/weekly-habits>

FURTHER READING.

- Practicing the Way by John Mark Comer (audio on Spotify)
- The Common Rule by Justin Whitmel Earley (Hoopla)
- Liturgy of the Ordinary by Tish Harrison Warren (Hoopla)
- Crafting a Rule of Life by Stephen A. Macchia (Hoopla)
- Celebration of Discipline by Richard Foster (Hoopla)
- Slow Church by C. Christopher Smith (Hoopla)
- The Way of the Heart or Life of the Beloved by Henri Nouwen (Hoopla)