

# The Way Part 13 “Rule of Life”

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Before you set out on a journey you need...

- 1) A vision
- 2) A plan on how to get there...

“Nurturing a growing spirituality with depth in our present day culture will require a thoughtful, conscious, intentional plan for our spiritual lives.”

Pete Scazzero, Emotionally Healthy Spirituality

“A disciplined effort to slow down and make space for God to work in your to transform you.”

“Follow me”

“To be with Jesus, in order to become like Jesus, and do the things that Jesus did.”

*John 15: 1-8*

*“Remain in me”*

“menei” a verb to abide, to make your home in. It is a choice, a commitment, it is not a feeling or even a belief, it’s something we do and live out... it’s a way!

A Rule of Life

This is the model for Jesus for spiritual formation, the way we become more like Jesus, is by being with Jesus.

So, the question becomes how?

Hurried Sickness and ten symptoms

We have a problem with time and the solution is not more time. The solution is to slow down life and build your life around the essentials.

A Rule of Life: “A disciplined effort to slow down and make space for God to transform you.”

A rule of life is a schedule and set of practices and relational rhythms, that create space for us to be with Jesus, to become like Jesus, and do what he did, in alignment with our deepest desires in accordance to how He has made us!

You already have a Rule of Life!

The question is not do you have a rule of life, it really is:

- Do you know what your Rule of Life is?
- Is it giving you the life you want?
- Is it working for you or against you?

Your life is the byproduct of your lifestyle. The problem is not that your rule of life is not working, but that it is...

“How we spend our day is of course, how we spend our lives.” Annie Dillard

## Unintentional Spiritual Formation

“The choice is yours, rule or be ruled” John Mark Comer, *Practicing the Way*

Things a good Rule of Life will do for you:

1. It will help you turn vision into reality

“The road to hell is paved with good intentions”

The greatest challenge of walking in “the way” of Jesus is to move from aspiration to authentic transformation

2. It will help you live in peace.

*Philippians 4:6-9*

The challenge of a rule of life is that it will force you to clarify what your deepest desires are, to listen to your heart, and to learn to remain in Jesus.

3. It will help you live more as a human being than a human doing

Hurried sickness, it's your choice

4. It will help you to live out the Jesus way.

*Matthew 22:37-40*

Where to go from here?

1. What is your rule of life? Spend some time reflecting on this...
2. Go to the link <https://www.thegospelcoalition.org/article/skip-resolutions-make-rule-life/>
  - Read and begin to think about and plan
3. Come back next week or tune in and get ready to learn more about how to craft one for your life!

“A good rule can set us free to be our true and best selves. It is a working document, a kind of spiritual budget, not carved in stone but subject to regular review and revision. It should support us, but never constrict us.” Margaret Guenther, Anglican Priest