

The Rule of Life part 14 “ Rule of Life part 2”

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

“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

You already have a Rule of Life

See 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?

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

Unintentional Spiritual Formation

Things a good Rule of Life will do for you

1. It will help you turn vision into reality
2. It will help you live with the peace that comes from God alone.
3. It will help you live more as a human being then a human doing
4. It will help you live out the Jesus way

The Spiritual Practices to consider to include in your Rule of Life

1. Silence and Solitude

Mark 1:35

Luke 5:16

“Without solitude it is virtually impossible to live a spiritual life.” Henri Nouwen

Find the quiet to find God...

2. Sabbath

Mark 2:27-28

“We need the sabbath to keep our hearts alive to the presence, and the beauty of God and life with him in this world.” John Mark Comer

3. Prayer

Matthew 6:5-8

When most of us hear the word prayer what comes into our minds?

4 Levels of Prayer

- Talking to God
- Talking with God

- Listening to God
- Being with God

4. Fasting

Matthew 6:16-18

5. Scripture

2 Timothy 3:16-17 The Message version

6. Community

Hebrews 10:24-25 The Message version

7. Generosity

John 3:16

8. Serving

Mark 10:45

9. Witness

Matthew 28:18-20 The message version

Start where you are not where you think you should be

Think subtraction not just addition

Consider your season of life and your stage of discipleship

There is no transformation without repetition

Transformation is all about consistency over time

Enjoy!

“We should, to begin with, think that God leads a very interesting life, and that he is full of joy. Undoubtedly he is the most joyous being in the universe. The abundance of his love and generosity is inseparable from his infinite joy. All of good and beautiful things from which we occasionally drink tiny droplets of soul-exhilarating joy, God continuously experiences in all their breadth and depth and richness.”

Dallas Willard, *The Divine Conspiracy*