

**Rule of Life Worksheet**  
EHS // Session 8

**Step 1**

**Write down everything you currently do (or would like to do!) that nurtures your spirit and fills you with delight (people, places, activities).** Try to think more broadly than just spiritual disciplines. Gardening, walking the dog, playing a sport, being in nature, talking with a close friend, etc. List them all and refer to this list often when planning your sabbath days and vacations.

**Step 2**

**Write down the activities you need to say “no” to or limit that pull you away from remaining anchored in Christ.** This refers to activities that may negatively impact your spirit. Possibilities for some may include violent TV, excessive social media involvement, or commitments that take you beyond your limits.

**Step 3**

**What are the challenging “have-to’s” in the next 3-6 months of your life that will impact your rhythms?** Write them down.

**Step 4**

**Fill in the rule of life worksheet as you consider the next 3-6 months.** Ask God what He is inviting you to focus on during this next season.

**PRAYER**

**REST**

**LOVE OF GOD  
(RECEIVE/GIVE)**

**RELATIONSHIPS**

**WORK**

## **Step 5**

### **Questions to ponder and discuss...**

1. What do you think will be your biggest challenge as you set out to implement a rule of life?
2. What is the one thing you sense the Holy Spirit directing you to start now?
3. What is the one thing you sense the Holy Spirit directing you to stop now?
4. Who can you share with around making these changes?