WAVERLY COMMUNITY CHURCH

DISCIPLESHIP & SPIRITUAL DISCIPLINES

Week 11: Integration & Rhythm — Building a Rule of Life

📖 INTRODUCTION

Over these 11 weeks, we've explored individual disciplines: prayer, Scripture, fasting, silence, confession, community, generosity, rest, and service. But discipleship isn't about mastering individual practices. It's about weaving them into a coherent rhythm of life, what the Christian tradition calls a "rule of life." This isn't rigid legalism. It's a loving structure that shapes your days toward God and toward others.

KEY SCRIPTURES

Colossians 2:6-7 | Titus 2:11-14 | Proverbs 27:12 | Psalm 1

SCRIPTURE BREAKDOWN

Paul tells the Colossians: "So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him." This is integration. It's not: I pray on Sunday, I fast on Wednesday, I serve on Saturday. It's: My entire life is rooted in Christ. The practices are expressions of that rootedness.

Titus reminds us that God's grace teaches us to say no to ungodliness and worldly passions, and to live self-controlled, upright, and godly lives. This is the fruit of discipline. You're not following rules to earn approval. You're allowing grace to shape you. The disciplines are your response to grace.

Proverbs speaks of the prudent person who sees danger and takes refuge. Wisdom involves foresight and structure. The same is true spiritually. The best version of you isn't created by spontaneous inspiration; it's created by intentional rhythm.

Psalm 1 describes the person who delights in God's law and meditates on it day and night. This person is like a tree planted by water, stable, fruitful, resilient. Not perfect. But rooted. When the challenges come and they will, this person is anchored by daily disciplines.

💭 DISCUSSION QUESTIONS

1. How would you describe your current spiritual rhythm? Is it intentional or haphazard?

_____

2. Over these 11 weeks, which discipline has impacted you most? Why?

_____

3. What barriers might prevent you from maintaining spiritual discipline? How could you plan for them?

_____

4. Who will hold you accountable? Who will you do life with?

_____

5. When you imagine yourself five years from now, disciplined and rooted in Christ, what does that person look like?

_____

💡 APPLICATION

A rule of life is a personalized rhythm of practices designed for your particular season. A young parent has different needs than someone whose kids are grown. A person in a demanding job has different rhythms than someone with more flexibility. A rule of life accounts for this. It's not one-size-fits-all; it's tailored to you.

Your rule of life might look like this: Morning prayer (15 min). Scripture reading (15 min). Work and engagement. Service time (weekly). Sabbath (one day). Community (weekly group). Generosity (consistent giving). These aren't rigid. But they're consistent. They anchor your week.

Remember: these disciplines aren't about earning God's love or proving your spirituality. They're about creating space for God to transform you. They're about becoming the kind of person who loves God and others well. They're about living the way Jesus taught, with prayer, community, sacrifice, rest, and service. When these are woven together, you're not just an individual Christian anymore. You're a disciple. You're bearing fruit. You're reflecting Christ.

APPLICATION QUESTIONS

1. What would your ideal rule of life look like? Be specific about timing and practices.

_____

2. What's realistic for you in your current season? What's aspirational?

_____

3. How will you know if this rule of life is working? What fruit are you looking for?

_____

4. What's one practice you're most committed to starting? What's one you want to add later?

_____

5. When you're discouraged or feel like you're failing at your rule of life, what will you remember?

_____

🎯 WEEKLY CHALLENGE

This week, design your rule of life. Write it down. Include prayer, Scripture, community, service, rest, and generosity, in whatever rhythm works for your season. Be realistic. It's better to do less and sustain it than to aim for perfection and quit after two weeks. What practices feel essential? What do you want to build gradually? What does a life of discipleship actually look like for you?