

Practices for Your Rule of Life (ROL)

A Rule of Life is a framework for living a healthy Christian life. DON'T think of "rule" as a checkbox you must complete to be in favor with God. You are already in God's favor! You were saved by grace alone, through faith alone, by Jesus alone, and so GOD HAS GOT YOU! DO think of "rule" as a measuring stick for measuring your proximity to God. Remember, our journey with the Creator is about RELATIONSHIP, NOT RELIGION. A healthy relationship requires Constant Contact with your Creator. Your ROL will be a trellis allowing growth to be both free and structured. There are two categories of practices: FOUNDATIONAL and DEEPER. FOUNDATIONAL practices are the "black and white" practices that every disciple of Christ must engage daily for healthy growth. The FOUNDATIONAL practices are like the sunlight, water, and healthy soil needed for a plant to grow. The DEEPER practices are varied and more advanced ways of getting sunlight, water, and healthy soil. In both the FOUNDATIONAL and DEEPER categories, how you implement the practice is completely up to you. Use what is useful for nurturing your relationship with God the Father, God the Son, and God the Holy Spirit, and discard what is not useful. And by all means, be creative, mix it up! If a practice begins to feel boring alter it or find a new one that is more beneficial. That said, don't get "boring" confused with "discipline". Anything worth having takes work. DUTY LEADS TO DELIGHT! Also, this list is not exhaustive. Search/Create other practices. Some of these are centuries old and some are newer. God will richly bless your ROL journey. Godspeed! (It's the only speed worth going.)

FOUNDATIONAL PRACTICES
<p>"Faith comes by hearing, and hearing by the word of God..." (Romans 10:17) ○ READ MY BIBLE</p>
<p>"One day Jesus told his disciples a story to show that they should always pray..." (Luke 18:1) ○ PRAY (TALK TO GOD)</p>
<p>Jesus said, "My sheep hear My voice, and I know them, and they follow Me..." (John 10:27) ○ LISTEN (WHAT IS GOD SAYING TO YOU TODAY?)</p>
<p>"Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God..." (Romans 12:2) ○ JOURNAL / RECORD (WHAT DID GOD SAY TO YOU TODAY?)</p>
<p>"And let us not neglect our meeting together, as some people do, but encourage one another..." (Hebrews 10:25) ○ MEET WITH YOUR CHRISTIAN SIBLINGS WEEKLY+</p>
<p>"As each has received a gift, use it to serve one another, as good stewards of God's varied grace..." (1 Peter 4:10) ○ SERVE / GIVE WEEKLY+ (BE AN EXCELLENT STEWARD OF YOUR TIME TALENT AND TREASURE!)</p>
<p>"For anyone who enters God's rest also rests from their works, just as God did from his..." (Hebrews 4:10) ○ REST DAILY (but also one day WEEKLY)</p>

DEEPER PRACTICES

“Faith comes by hearing, and hearing by the word of God...” (Romans 10:17)

○ READ YOUR BIBLE (Silently sometimes, aloud often!)

- Write a “Confession of Faith” to read aloud daily (Who does God say you are? What does His Word tell you about you?)
- Memorize Scriptures
- Study Scriptures (Study a passage or think of a topic to study..for example, “What are all the scriptures on miracles” or “How does Jesus teach say about prayer?” Use resources like biblehub.com that has multiple translations and commentaries and question and answer sites like gotquestions.org or carm.org)
- Meditate on a Scripture or Passage
 - Repeat a verse or passage over and over all day thinking about it and praying with it
 - Lectio Divina (look up how to do this practice of treating the Bible like a Living Word)

“One day Jesus told his disciples a story to show that they should always pray...” (Luke 18:1)

○ PRAY (TALK TO GOD)

- Scripture Prayer (use Scriptures like Psalms or the Lord’s Prayer to pray)
- Sing (worship with some music and/or pray while listening to worship music)
- SOME types of prayer
 - Simple Prayer (praying for yourself); Intercessory Prayer (praying for others); Prayers of Gratitude; Prayers of Confession/Repentance Forgiveness; Prayers for Wisdom/ Guidance; Principality Prayers (spiritual warfare type prayers for the Church, your church, nations, leaders, schools, government, teens, culture, etc.)
 - Fitness Prayer (go on a prayer walk or run or hike in nature or around your neighborhood or church neighborhood)
 - Labyrinth (Find a church near you that has one of these oneway mazes through which you walk and pray)

Jesus said, “My sheep hear My voice, and I know them, and they follow Me...” (John 10:27)

○ LISTEN (WHAT IS GOD SAYING TO YOU TODAY?)

- Meditative Listening Prayer
 - Ignatian spirituality (use your imagination to enter a Bible passage and listen for Holy Spirit to highlight things in that passage)

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God...” (Romans 12:2)

○ JOURNAL / RECORD (WHAT DID GOD SAY TO YOU TODAY?)

- Tactile Journaling (instead of journaling electronically, use a pen and paper)
- Creative Art (instead of simple journaling, paint, draw, sing or use whatever medium you prefer to communicate what God has told you.)
- Vision Board (make a pictograph or pictorial representation of the vision / direction / strategy God has given you or that you believe He can use to keep you moving forward in His call on your life)
- Send an encouraging message or Scripture to someone via text, email or letter

“And let us not neglect our meeting together, as some people do, but encourage one another...” (Hebrews 10:25)

○ MEET WITH YOUR CHRISTIAN SIBLINGS WEEKLY+ AND SERVE WEEKLY+

- In addition to going to church weekly you can...
 - Ask someone to join you in a Bible reading plan/study through an app like the Bible App
 - Start a Bible study or musical worship meeting in your home or a Christian hobby group

“As each has received a gift, use it to serve one another, as good stewards of God's varied grace...” (1 Peter 4:10)

○ SERVE / GIVE WEEKLY+ (BE AN EXCELLENT STEWARD OF YOUR TIME, TALENTS, AND TREASURES!)

- What is a unique way you can use your time, talents, or treasures (money/possessions) this week, month, or season, to show someone the love of Jesus?