
RULE OF LIFE

ABOUT THE RULE OF LIFE

Stemming from Monastic tradition in the 3rd century AD, the Rule of Life is a living document that is meant to help us abide in Christ and live as the people he has created us to be. The English word "rule" is rooted in the Greek term for "trellis" and the Latin word for "ruler." Thus, a Rule of Life is not a set of harsh commandments, but rather a gentle guide that helps us grow toward God through the incorporation of reflection, prayer, faith, and rhythms of daily life, all by the power and grace of God.

"Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." John 15: 4-5 NIV

Consider what domains you would like to include in your personal Rule of Life. Examples are included below but can be changed for your personal experience. As you create your Rule of Life, consider that this is not about what we can achieve or accomplish, but rather, who we truly are in Jesus and developing rhythms that help us abide more fully as our true selves in Christ and experience the free and full life he created for us.

In each domain you decide to include, ask yourself the following questions:

WHO? Who has God created and called me to be in this area of life? Who do I want to be?

WHY? Why do I want to live this way? (You may wish to include scripture here that helps remind you of who God has created you to be and the purpose for which he created you.) This step may help you decide which rhythms of life to include and exclude.

HOW? How will I abide in Christ and live as the person He has created me to be? What rhythms of life can I put in place to guide me toward him and toward his purposes in this specific area of my life?

May this ongoing practice of a Rule of Life be a blessing to your life and an act of praise and surrender to our God.



RELATIONSHIP WITH GOD

WHO?

WHY?

HOW?

PERSONAL HEALTH (PHYSICAL, MENTAL, EMOTIONAL)

WHO?

WHY?

HOW?



WORK/MONEY

WHO?

WHY?

HOW?

CHURCH/MINISTRY

WHO?

WHY?

HOW?



RELATIONSHIPS WITH OTHERS

WHO?

WHY?

HOW?

RECREATION/LEISURE/PERSONAL LIFE

WHO?

WHY?

HOW?



TECHNOLOGY

WHO?

WHY?

HOW?

HOME/HOSPITALITY

WHO?

WHY?

HOW?

