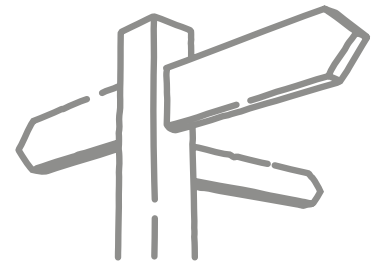




A rule of life is a set of rhythms that help us create space in our busy lives to become like Jesus and focus on His priorities for our lives.

There are three images for the word “Rule” helping us understand what the rule of life is:

SIGNPOST - Firstly, one root-meaning for the word ‘Rule’ is that of a ‘signpost’ which has a purpose of pointing away from itself so as to inform the traveller that they are going in the right direction on their journey. ***A rule of life points us in the right way.***



GUARD RAILING / BANNISTER - A second is that of ‘a guard railing’ which is something that gives support and protection as you move forward, climbing or descending on your journey. ***A rule of life is a guardrail that keep us on the road to become like Jesus.***

TRELLIS - And a third is that of a ‘trellis’. A trellis is a support structure that enables plants such as a grapevine to get off the ground, grow upward, and become fruitful. ***A rule of life is a structure that supports our growth and flourishing in Jesus.***

We’re going to be looking at our habits and rhythms that help us attend to four areas of our lives:



1

Your relationship  
with God



2

Your relationship  
with People



3

Your  
Work



4

Your  
Rest

Reflect on where you find yourself today. Think through what are your current habits in each of these areas. Are they working in your season of life? Do you need to stop any or limit some? Have they grown stale?

	A SCORE <i>Give yourself a rating between 1 and 10 (10 being highest)</i>	GOOD PRACTICES <i>What went well? What habits or practices helped you tend this area of your life?</i>	CHALLENGES <i>What has been hard or hasn't worked? Have any practices or habits grown stale?</i>
RELATIONSHIP WITH GOD			
RELATIONSHIP WITH PEOPLE <i>(You may wish to split this down further into separate categories: friendship, church, marriage, family, wider community)</i>			
YOUR WORK			
YOUR REST			

We need to develop a rule of life for the season we are currently in.

*What season of life are you in at the moment? What are the benefits of your season?*

*What are the challenges?*

Principles to bear in mind (From **Ken Shigematsu**, *God In My Everything*)

- Start simply
- Build slowly
- Limit regularly
- Be aware of your energy
- Live into the season you are in
- A good rule bends
- Play – habits are not one size fits all
- Don't go it alone