

# Rule *of* Life



WORKBOOK: Session 2

## Attentive to God

1. *What are the aspects of your life that distract you from tending your relationship with God? Do you have any bad habits?*
2. *What habits and practices make up your current rule of life around God (intentional or unintentional?)*
3. *Do any of your habits need stopping or adapting?*
4. *What are some ideas for practices you've wondered about exploring?*
5. *Start small! Choose 1 practice supporting your relationship with God to focus on building into this next season.*

# A Rule of Life doesn't have to be daily

- HABITS | DAILY (prayer, reading scripture)
- SCHEDULE | WEEKLY (a small group, attending church)
- CALENDAR | MONTHLY (a morning retreat, a standing order giving financially)
- TRADITIONS | ANNUALLY (eg. A Lent practice, Wildfires, an Advent devotion)
- LIFETIME RHYTHMS | 7-10 YEARS (A pilgrimage to another country, a WTC course)

## Practice Ideas

- Lord's prayer
- Bible reading plan
- A new devotional
- Scripture reading
- Attending Church
- Worship music
- Journalling
- The examen
- Lectio 365
- Prayer Cast
- Sabbath
- Fasting
- Silence and solitude
- Booking a retreat
- Wildfires
- A Small Group
- A course
- Signing up for WTC
- Memorise Scripture
- Read books that grow your faith