

SAMPLE

Note: These are aspirational goals. If all of these goals are met 50% of the time, you should feel accomplished!

SPIRITUAL

Daily:

1. Morning: Devotional & Prayer
2. Evening: Scripture & Reflect on the day with God

Weekly: Sabbath

Monthly: Spiritual Direction

PHYSICAL

Daily:

1. Eat 3 meals each day
2. Drink 64oz of water

Weekly: 30 minute walk

Monthly: Go on a hike

INTELLECTUAL

Weekly:

1. Read one book
2. Watch less TV

RELATIONAL

Weekly:

1. Time with friend or spouse
2. Go to my small group

Monthly: Regularly spend time with a few key friends

Quarterly: Reach out to long distance friends through text or a phone call

EMOTIONAL

Daily: Reflect on strong emotions with God

Weekly: Process steps ahead with friend or spouse

RULE OF LIFE

Summary

➤ OVERVIEW

A rule of life is simply the pattern of daily, weekly and monthly activities that God has revealed to you that he wants you to use to uniquely shape, sustain, and refresh you. A “rule of life” helps us to “put feet” to the spiritual training we are to engage in becoming like Jesus.

“The most important thing in your life is not what you do, it’s who you become. That’s what you will take into eternity.” Dallas Willard

➤ QUESTIONS TO ASK

Spiritual

What are the practices and tools that God has given me that help to hone my spirit/heart/will? (i.e. Scripture, prayer, meditation, contemplation)

Physical

How do I steward the body that God has given me?
What physical practices impact my spiritual practices or are spiritual practices? (i.e. exercise, sleep, margin, fasting from technology)

Intellectual

How am I developing my intellectual person? (i.e. reading, study, memorization)

Relational

Who are the people in my life that feed my soul?

Emotional

How am I to process my strong emotions with God?
What do they tell me about myself?

➤ TIPS

- Start with 1 or 2 things to commit to daily, weekly, monthly, and quarterly
- Make it a living document

SPIRITUAL

- 1.
- 2.

RELATIONAL

- 1.
- 2.

PHYSICAL

- 1.
- 2.

EMOTIONAL

- 1.
- 2.

INTELLECTUAL

- 1.
- 2.

NOTES