

Creating (or Re-creating) a Rule of Life

Living out your faith on purpose

A Rule of Life Answers This Question:
“How Am I Living Out My Christian Faith on a
Regular (Routine, Habitual) Basis?”

Examples:

- “attending worship **each week**”
- “meeting with a friend for coffee and prayer **once a month**”
- “writing down 3 things I am thankful for **every day**”
- “returning grocery carts to the cart area inside the store **whenever I go to the store**”
- “volunteering for the **annual** spring clean-up of the local hiking trail”



Hang On There, Just One Thing....!

Routines Before mid-March

- “Every day I do this...”
- “Three times a week I do this...”
- “Every week I do this and this...”
- “Once a month I do this...”
- “Every summer I do this...”

Many Routines Right Now

- “Every day I do this...”
- “Three times a week I do this...”
- “Every week I do this and this...”
- “Once a month I do this...”
- “Every summer I do this...”



Back to the Drawing Board!

A Rule of Life is *conscious* – the things we regularly do, the people we intentionally spend time with, *on purpose*, to help us live out our faith

- That's why we write a Rule down, review and revise it periodically to fit with our real lives
- Today we are walking together through this creation/review practice
- This is a good time to reflect, and write down drafts or revisions of our Rules of Life

How will you live out your faith in relationship with God?

Write down 2-3 things you already do or want to do, on a regular basis, to sustain your *personal* relationship with God. What practices help you sense God's presence and action in your life?

Examples:

- “give thanks before each meal”
- “write 3 things I am grateful for, before I go to sleep”
- “meditate for 15 minutes after I get my first cup of coffee”
- “go for a walk at least 2 times a week, and appreciate God's world”



How will you live out your faith in your relationships with others?

Write down 2-3 things you already do or want to do, on a regular basis, to sustain your relationship with others.

Examples:

- “spouse and I enjoy a coffee date each week on the porch, with no kid or work talk allowed”
- “call a friend, once a month, with whom I can share prayer concerns and joys”
- “sew masks for the Lutheran World Relief 75,000 mask challenge*”
- “pick up groceries for my home-bound neighbor”

*<https://lwr.org/masks>

Image by HamiJeezy at Pixabay



How will you live out your faith in your relationship with your self?



Write down 2-3 things you already do or want to do, on a regular basis, to sustain your relationship with your self. What renews, refreshes, or grounds you? What helps you thrive as God desires all God's children to thrive?

Examples:

- “make time to draw (play guitar, go for a run) at least 2 times a week”
- “take an online class just for fun”
- “play with the dog when I feel stressed or stuck”
- “take a long bath instead of a quick shower, one day a week”

How will you live out your faith in your relationship with creation (God-made and human-made)?



Write down 2-3 things you already do or want to do, on a regular basis, to sustain your relationship with creation. How do you live out your faith with the natural world? With human creations?

Examples:

- “start a patio herb garden”
- “put my phone on ‘do not disturb’ after 7:30 p.m.”
- “bird-watching”
- “reduce my impulse-shopping consumption by waiting one week before I buy something new”





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“My Rule of Life”

IF you find it helpful, the grid*
is a way to get your Rule of Life plans on one page

* see PDF and Word attachments with May 8, 2020 Renew 145 email for a full-page version of the grid below

What 	My relationship with God	My relationship with others	My relationship with my self	My relationship with creation (nature, technology)
When 				
Daily				
Weekly				
Seasonally (quarterly, annually...)				

How I plan to stay accountable in reviewing, adapting, and keeping my Rule of Life: _____

Rules of Life are REALITY-BASED

Overwhelmed right now?

Remember God's grace.

Try out one or two things, and let the rest go for now.

You've got it written down.

You can come back to it later.



Accountability

- Write it down
- Check in regularly with someone else about how it's going (your Renew 145 group, a prayer partner...?)
- Review it regularly
 - What activity or practice needs to be changed to help you continue to live out your Christian faith?
 - What practice is working really well for you right now?

QUESTIONS? Comments? ...Cat memes?
...Sourdough starter recipes that actually *work*?

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