

**\*(This document contains Life Group Questions as well as Recommended Resources mentioned in the sermon.)**

# **RULE OF LIFE**

***Life Group Questions | Sunday, July 15, 2018***

What yearly rhythms do you prioritize? Monthly? Weekly? How do these rhythms shape you?

Robert Mulholland Jr. defines spiritual formation as “a process of being conformed to the image of Christ for the sake of others.” **Read and discuss the following passages.** How does each text speak to the concept of spiritual formation? What themes do you see?

- **Romans 8:28-29**
- **2 Corinthians 3:18**

**Read 1 Timothy 4:7-10.** How would you describe the difference between trying harder and training wisely? How does your mindset impact your journey of becoming more like Christ?

A **Rule of Life** is a spiritual formation training tool seeking to answer two questions:

1. Who do I want to be?
2. How do I want to live?

## **Crafting a Rule of Life**

- Prayerfully survey your life for areas in need of spiritual transformation
- Choose appropriate sacred rhythms to address your needs
- Develop an intentional plan of sacred rhythms
- Seek to practice your sacred rhythms through the power of the Holy Spirit

## **Tips**

- Developing a rhythm of spiritual practices takes time. Be patient.
- Arrange your sacred rhythms in a way that fits your season of life, personality and needs.
- Try some practices that come naturally. Try a few that challenge you.
- Whenever possible involve other people in your sacred rhythms.
- Seek to develop a plan that involves daily, weekly, monthly and annual rhythms.
- How will you rearrange and reorient your schedule to prioritize your spiritual transformation?
- Stay flexible. Your Rule of Life is a living document. Reevaluate your plan after 3 months and amend it in light of what is working and what is not working.

Discuss your response to the idea of implementing this tool. Where can you see it being helpful in your life? What yearly rhythms do you want to prioritize? Monthly? Weekly? How do you hope for these rhythms to shape you?

**Pray together.**

# RULE OF LIFE

*Resource Page | Sunday, July 15, 2018*

*“How do I want to live so I can be who I want to be?”  
~Ruth Haley Barton*

## **A Rule of Life seeks to answer two questions:**

1. Who do I want to be?
2. How do I want to live?

## **Crafting a Rule of Life**

- Prayerfully survey your life for areas in need of spiritual transformation
- Choose appropriate sacred rhythms to address your needs
- Develop an intentional plan of sacred rhythms
- Seek to practice your sacred rhythms through the power of the Holy Spirit

## **Tips**

- Developing a rhythm of spiritual practices takes time. Be patient.
- Keep it personal. Arrange your sacred rhythms in a way that fits your season of life, personality and needs.
- Keep it balanced. Try some practices that come naturally. Try a few that challenge you.
- Whenever possible involve other people in your sacred rhythms. We were created to do life with one another.
- Seek to develop a plan that involves daily, weekly, monthly and annual rhythms.
- Be willing to sacrifice. How will you rearrange and reorient your schedule to prioritize your spiritual transformation?
- Stay flexible. Your Rule of Life is a living document. Reevaluate your plan after 3 months and amend it in light of what is working and what is not working.

## **SACRED RHYTHMS**

### **Rhythms of Engagement**

prayer  
Scripture  
worship  
Sabbath play  
honoring your body  
service  
celebration  
gratitude  
generosity  
hospitality  
community  
creation  
self-examination  
confession

### **Rhythms of Disengagement**

Sabbath rest  
silence  
solitude  
fasting  
frugality  
chastity

## **Recommended Resources:**

*Sacred Rhythms* by Ruth Haley Barton  
*The Life You've Always Wanted* by John Ortberg  
*Liturgy of the Ordinary* by Tish Harrison Warren