



TEAM CULTURE ESSENTIALS  
VIDEO SERIES

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# CRAFT A RULE OF LIFE TO STAY GROUNDED

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Become Leaders  
that Cultivate Rhythms



# Crafting a Rule of Life to Stay Grounded

## i. The “Rule of Life” as a Structure to Facilitate Loving Union

A Rule of Life is a trellis that helps us abide in Christ and become more fruitful spiritually. It is an intentional, conscious plan to keep God at the center of everything we do.

### A. History

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### B. Anchoring Your Life in God

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## ii. Crafting a Personal Rule of Life

### Step 1

**Write down everything you currently do (or hope to do) that nurtures your spirit and fills you with delight (e.g. people, places, activities).**

*We ask that you think more broadly beyond such activities as prayer, going to church, worship, and Bible reading. Your list may include gardening, walking the dog, being in nature, talking with close friends, cooking, painting, hobbies, or any number of other possibilities. List them all!*

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**Step 2**

**Write down the activities you need to avoid, limit, or eliminate that pull you away from remaining anchored in Christ.**

*This refers to avoiding certain things that impact your spirit negatively such as violent movies, excessive social media involvement, commitments that take you beyond your limits.*

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**Step 3**

**What are the challenging “have to’s” in the next 3-6 months of your life that will impact your rhythms?**

*(e.g. caring for aging parents, a special needs child, a demanding season at work, moving, health issues)*

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**Step 4**

**Fill in the Rule of Life worksheet (on Page 10) as you consider your next 3-6 months. Ask God what He is inviting you to focus on during this season?**

## Step 5

Take a step back and consider the following questions:

- What do you think will be your biggest challenge?

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- What is the one thing you sense the Holy Spirit directing you to start doing now?

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- What might be one thing you want to stop doing?

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- Is there someone you can invite to encourage you in making these changes?

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### REMEMBER:

1. **Listen** to your heart's desires when discerning your Rule. God often speaks to us through them.
2. Make sure your Rule includes some **joy, play, and fun**.
3. Take **baby steps**. Don't make your rule impossible to follow.
4. Give yourself a lot of **grace** to experiment, engage in trial and error, and discover the yoke that fits you and your season of life. This "trellis" is meant to free you not enslave you. Reject perfectionism and a heavy yoke that crushes.
5. Figure out how much **structure** you need - a lot or a little.  
Debra Farrington in her book, *Living Faith Day by Day* writes:

*"Over the years I've also struggled with the amount of structure to build into a rule. People I respect deeply have detailed rules with set times for prayer, and so on. They tell me that if they don't get up at 6:30 each morning and take a half hour of prayer time that they will never get to it during the day. But that doesn't work for me. It makes my spiritual life into something to add to my to-do list, and it becomes a chore and not a blessing. Over the years I have found that my rule for prayer needs to be more open-ended. I am committed to praying daily, but how and when I do that varies from day-to-day."*

# RULE OF LIFE WORKSHEET

**PRAYER**

**REST**

**LOVE OF  
GOD**  
(Receive/Give)

**RELATIONSHIPS**

**WORK**