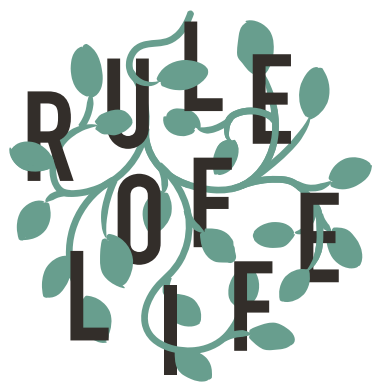


**RULE
OF
LIFE**

The text "RULE OF LIFE" is presented in a bold, black, sans-serif font, arranged in three lines. A decorative green vine with several leaves is superimposed over the text, winding through the letters and partially obscuring them. The vine starts from the bottom left, loops around the 'L' and 'I' of the first line, then goes up and around the 'R' and 'U' of the second line, and finally loops around the 'E' of the second line and the 'L' and 'I' of the third line.



A good rule can set us free to be our true and best selves. It is a working document, a kind of spiritual budget, not carved in stone but subject to regular review and revision. It should support us, but never constrict us.

—

MARGARET GUENTHER

Wife, Mother, & Anglican Priest

WHAT IS A RULE OF LIFE?

—

A rule of life is a schedule and set of practices and relational rhythms that help us create space in our busy world for us to be with Jesus, become like Jesus, and do what Jesus did—to live “to the full” (John 10v10) in his kingdom, and in alignment with our deepest passions and priorities.

While the word “rule” may strike you as a strict or binding constraint, the Latin word we translate “rule” was originally the word for a trellis in a vineyard. In the same way a vine needs a trellis to lift it off the ground so it can bear the maximum amount of fruit, and keep free of predators and diseases, we need a rule as a kind of support structure to organize our life around “abiding in the vine,” (John 15v1–8) as Jesus imagined.

It’s been said that we achieve inner peace when our schedule is aligned with our values. A rule of life is simply a tool to that end. Rather than a rigid, legalistic to-do list, it’s a life-giving structure for freedom, growth, and joy.

T H E M E

A large, empty rectangular box with a thin black border, intended for writing a theme or guiding verse.

Write your guiding verse or quote.

*A Wholistic Vision for
a Life of Fruitfulness*

S P I R I T U A L

As Christians, we are primarily formed by spiritual practices of connecting with God.

I N T E L L E C T U A L

As disciples, we daily seek to be transformed by the renewing of our minds.

P H Y S I C A L

Honoring the way God designed us, we care for, nurture, and respect our physical bodies.

R E L A T I O N A L

We were made for loving relationship. We live lives that are both submissive to and serving of others.

V O C A T I O N A L

We were created to participate in God's work of restoring, and nurturing the world.

7 Core Rhythms of Spiritual Health

1

P R A Y E R

Regular times of speaking and listening to God, woven into the fabric of our routines.

2

S C R I P T U R E

Ongoing study and application of the entire word of God.

3

F E L L O W S H I P

Acknowledging our created need for partners for in the journey, to share life and the Lord's supper

4

S A B B A T H

Honoring God's loving invitation to intentionally set one a day aweek aside for rest and worship.

5

S I L E N C E & S O L I T U D E

Moments of intentional time of quiet attentiveness to God.

6

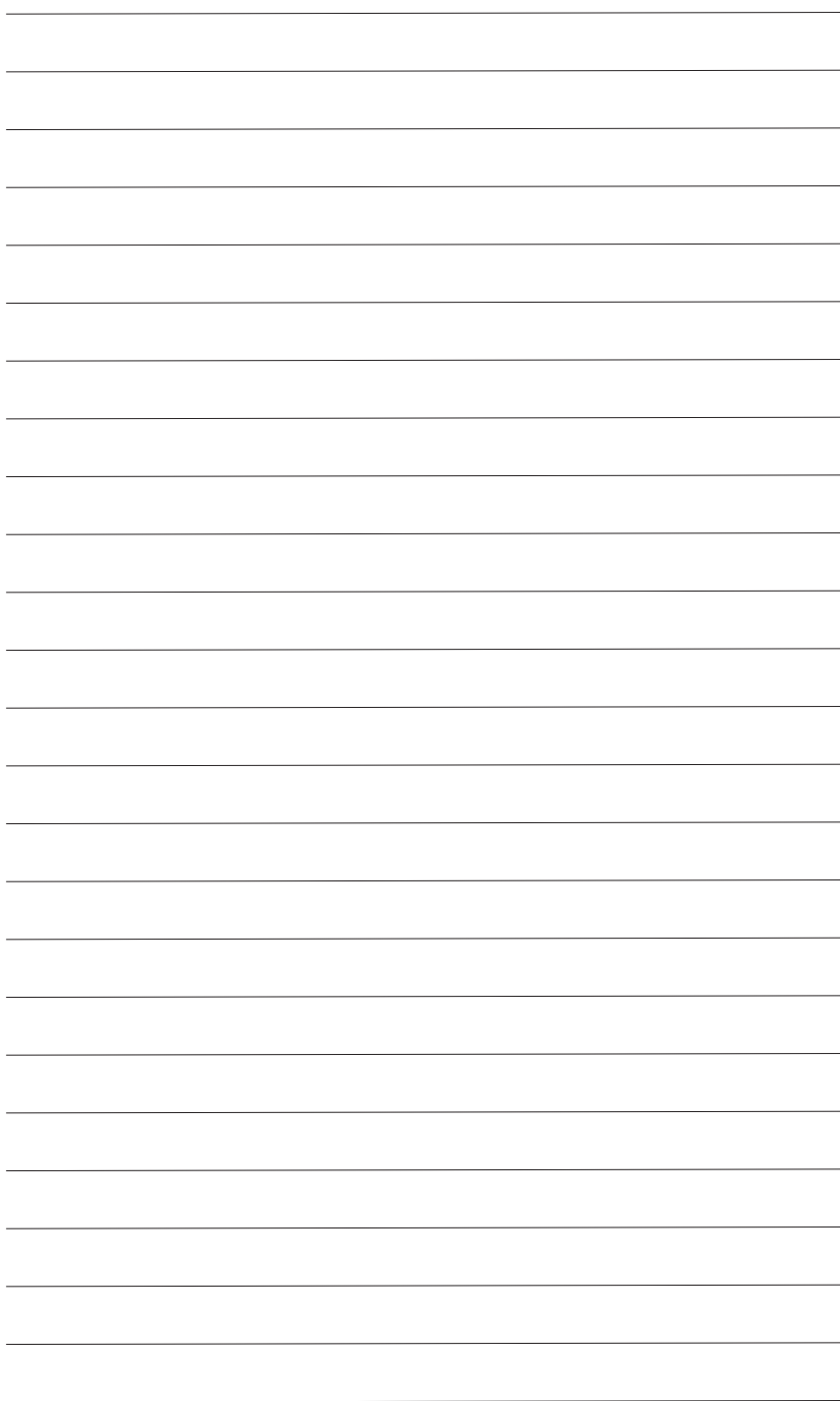
S I M P L I C I T Y

Intentionally structuring our lives to be able to live generously and led by the spirit

7

F A S T I N G

A willing abstinence from food for periods of time to reshape our understanding of sustenance



DAILY

WEEKLY

Spiritual

Intellectual

Physical

Relational

Vocational

QUARTERLY

YEARLY

Spiritual

Intellectual

Physical

Relational

Vocational

