

SPIRITUAL FORMATION (Part 7) – Developing a Rule of Life

A rule of life is a rhythm in our daily life; it is a tool that helps us live our life in God and grow in Him.

DEVELOPING A RULE OF LIFE

A. Pray and ask God to help you craft a rule of life this week.

1. You may choose one template below.
2. Look back at how you have been living, and how you would like to live your life in Christ.
3. Include the spiritual disciplines you have learnt in this series.

B. Embrace your personal rule of life for 2 weeks.

C. Review and give thanks for your growth.

D. Persevere and revise the rule of life when needed.

Pray and ask God for desire and perseverance to lead a God-centered life following the rhythms in your personal rule of life and review your growth on a monthly basis.



TEMPLATE 1

PRAYER	REST
WORK/ACTIVITY	RELATIONSHIPS

(Reference: Peter Scazzero, "Emotionally Healthy Spirituality")

TEMPLATE 2

	DAILY	WEEKLY	MONTHLY	QUARTERLY	ANNUALLY	GROWTH
TIME						
TRUST						
TEMPLE						
TREASURE						
TALENT						

(Reference: Stephen Macchia, "Crafting a Rule of Life")

