

# Crafting a Rule of Life

## Session 3

What is God's invitation  
to you today?

# Session 3:

## Life Giving Rhythms and Practices Part 1

Ruth Haley Barton defines a Rule of Life ('Regula') like this:

“A rule of life is a way of ordering our life around the values, practices and relationships that keep us open and available to God for the work of spiritual transformation that only God can bring about.”

I would add that a rule of life gives us “Structure, support and space - helping us to make room for love.”

‘Come, follow me,’ Jesus said, ‘and I will send you out to fish for people.’ (Matthew 4:19). Starting with this verse, John Mark Comer defines discipleship as: “Be with Jesus. Become like Jesus. Do what Jesus would do if he were you.”

### Questions for Reflection

1. Take a few minutes to think through your day, hour by hour. What habits, practices, attitudes and relationships are shaping your life right now?
2. A Rule of Life is described as a ‘rope in a snowstorm’ or a ‘trellis for a rosebush’. Which of those metaphors speaks to your life and experience right now? Do you need a rope to get through the blizzard? Or do you need a trim and a trellis?
3. If you have an iPhone with the ‘Screentime’ app on it, check to see what your Screentime for the last couple of weeks has been.
4. ‘Many of us want the life of Jesus but are not willing to adopt the lifestyle of Jesus.’ What do you think that means? How did Jesus live that is so different to life here and now?

### Exercise: Biblical Meditation

#### Matthew 11:28 – 30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in

heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” (NIV)

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” (The Message)

## Exercise: Rule of Life – 4 Areas

The Benedictine Rule is separated out roughly into four areas: prayer, work, relationships and rest. How might you create space or create some more structure to each of these areas? Remember, the temptation is to add things to our lives, but most often in today’s culture we need to subtract things first in order to create space.

Prayer	Work
Relationships	Rest

## Other Resources

1. Barton, Ruth Haley. *Sacred Rhythms*. Downers Grove: Inter Varsity Press, 2006.
2. Comer, John Mark. *The Ruthless Elimination of Hurry: How to Stay Emotionally Healthy and Spiritually Alive in the Chaos of the Modern World*. Colorado Springs: Waterbrook Press, 2019.
3. A wonderful free workbook on how to craft a rule of life: [https://static1.squarespace.com/static/5852ec829f7456cfcc0e1c5a/t/5e17be5d7cba366ace1df6e1/1578614383140/ptw\\_ruleoflife\\_workbook\\_.pdf](https://static1.squarespace.com/static/5852ec829f7456cfcc0e1c5a/t/5e17be5d7cba366ace1df6e1/1578614383140/ptw_ruleoflife_workbook_.pdf)
4. A rule of life for entrepreneurs <http://rule.praxislabs.org/wp-content/uploads/2019/11/ROL-in-one-page.pdf>

