



A *Rule of Life* is a pattern for living shaped by a personal set of priorities and values. For me, this includes letting go of my attachments and the accoutrements of life. In order for me to live a life of holiness I need fewer distractions. Less is more.

1. The Practice of **Prayer**

- a. Continual Prayer—I pray out loud when I am alone (walking or driving with no music on or taking a shower or while tanning or lifting weights). Usually while I am moving. I enjoy the conversations I have with God because he often nudges me or gives me insight into something I had no clarity on.
- b. Daily Prayer—I have intentional times of prayer, usually in the morning, with my journal and Bible at the ready. My goal is to do this most mornings. As a family, we pray at every meal we have together and we pray whenever one of us is going through something (but this is more in response to the thing as opposed to the practice of praying together). My wife and I pray together several times a week but not every day. I enjoy reading liturgical prayers and make this part of my daily routine as well. Currently, I am using *Every Moment Holy*.
- c. Community Prayer—Our church has monthly prayer meetings and weekly prayer meetings. I also join in on weekly prayer meetings with a local DMM group.
- d. Fasting—Fasting is an essential part of my prayer life. I schedule short fasts every week and longer fasts at least once a month. And once a year I plan an even longer fast.

2. The Practice of **Mission**

- a. Sharing the good news with people who have none is a passion of mine. In nearly every conversation I have with people I try to find the kingdom narrative and reflect that back to them. I also plan intentional times of sowing by scheduling quarterly HOPS (house of peace searches) and training others to join me.
- b. One-on-one discipleship is my jam. God always gives me someone to pour into.

3. The Practice of **Mercy & Justice**

- a. I care deeply for the persecuted church. For this reason, I align myself with organizations like Open Doors USA. I use their prayer app to learn where my prayers need to be focused. I am constantly reminded of my own wealth and privilege and security. I pray for the safety and the zeal of the workers and for the expansion of the kingdom.
- b. I am overwhelmed by the number of victims of sexual violence around the world. Human trafficking is an evil that must be stopped. I pray for and support organizations like Compassion First who work to stop it.

4. The Practice of **Hospitality & Pilgrimage**

- a. Earlier this year I had the opportunity to visit Israel. It was my first time leaving the country (I don't really count Canada!) so it was a big deal. The trip impressed upon me the need to travel more, preferably to sacred sites and preferably with company. I am already planning a trip for next year.
- b. To go along with my joy of cooking, I enjoy having people over for food and games. During the pandemic we fell out of a regular rhythm for this but we will find one again!

5. The Practice of **Creativity**

- a. The creative juices flow in many ways. During the pandemic I discovered that I enjoyed cooking. But I have an issue with cleanliness. I like to keep an organized clean space and when I have achieved that I now have an organized clean space to make messy again! I cannot write until I clean my desk at work; I cannot paint until I clean my desk at home; I cannot lift weights until I have swept the garage first; and I cannot cook until I have done the dishes. I used to play an instrument and that is something I may come back to again but for now my creativity comes in the form of cleaning and writing and painting and cooking.

6. The Practice of **Learning & Discipleship**

- a. Personally, I aim to read widely and deeply. I listen to podcasts, attend seminars and trainings, and I enrolled in a DMin program online. I love learning and I love sharing what I learn.
- b. To go along with my desire for one-on-one discipleship, I coach other leaders through our conference coaching ministry and I mentor young leaders through Launchable Leaders and PESM. I am now faculty at PESM so I have the privilege of teaching as well.

In addition to patterning my life as described above, I see to create a climate of relational accountability & mutual submission. This means walking closely with Mitch Lee as my cymbrogi and Laura as my wife and partner in all things. One of the big reveals of this season of preparation is the need for spiritual direction. I had asked a couple of guys to do that for me but it was not a good match. Going forward, I would need to find a new spiritual director.

Establishing a regular rhythm of prayer, work, study, and rest is crucial for my health and the health of my family. I am a self-described workaholic and actively look for new things to do when I have nothing else to do (or even when I'm supposed to be doing other things!). Pausing long enough for vacation is a new thing for me and I'm getting better at it. I like to hobby and play games and I find this personally fulfilling. Same with lifting weights and playing disc golf. The biggest challenge is the new stage of life my family is in—kids getting older and moving out. Soon it will be just Laura and me!

Support and oversight to new novices and members of OMS is something I am open to but at present I have no responsibilities yet.