

A RULE OF LIFE
IS A SET OF
RHYTHMS AND
PRACTICES
THAT HELP US TO
CREATE SPACE
TO BE WITH
JESUS. BECOME
LIKE JESUS, AND
DO WHAT HE
DID. THE WORD
RULE COMES
FROM THE WORD
TRELLIS. JUST AS
A TRELLIS HELPS
A VINE GROW,
THIS RULE WILL
HELP US GROW
AND CONTINUE
TO CREATE THE
CULTURE OF
CHRIST.

(John 15)

RULE *of* LIFE

daily

START THE DAY IN PRAYER AND SCRIPTURE

Begin your day by making space to listen for the voice of God through listening, prayer, and Scripture. Make it the first thing you do before anything digital, like social media, the news, or television. It can be 5 minutes or 50 minutes. The quantity of time is less important than the quality of time. The goal here is to commune with the living God.

TAKE BREAKS THROUGHOUT THE DAY

Step outside for a moment, exercise, walk through your neighborhood, or step away from your workstation to pause. Give your body and mind space to breathe as you enjoy God's good creation. Journal, pray or sit in silence. Use your commute or walk to class to listen and be with Jesus.

END THE DAY IN EXMINE & GRATITUDE

Recap your day with God. Pay attention to your feelings and emotions. Ask God to show you where He was in the midst of it and anything He is inviting you into. Draw your attention to the things for which you are grateful. Thank Him for every blessing, whether small or big, obvious or hidden.



weekly/monthly



KEEP THE SABBATH

Keep the Sabbath - aim for 24 hours and modify if needed. If you cannot take an entire day off, find extended times throughout your week to rest. Take time to stop work and enter into rest. Do what brings you life. Spend time with people you love. Spend time with God.

FASTING

Fast- starve your flesh, and feed your spirit. Go without food for an extended period. This could be one meal or multiple meals, if you are physically able, fast food. As your body feels the hunger, it will remind us of our hunger for God to fill us.

WORSHIP ON SUNDAY

Gather in person every Sunday as we worship together in the presence of God. Make this an essential part of your weekly rhythm.

DEVOTE YOURSELF TO COMMUNITY

Attend a community regularly. Commit to showing up and being present with one another. If you cannot attend a Community, connect with another believer to share about your weeks and pray for one another.

CONTRIBUTE TO YOUR COMMUNITY

To contribute means to add value. Contribute to your church community and your local community. You can do this by joining a New Culture team and looking for ways to be present with neighbors and coworkers

SEEK RENEWAL FOR OUR CITY

Pray for renewal, and bring renewal through contributing to our city. Volunteer at local organizations and participate in service projects and donation drives. Use the prayer guide from our pray297 campaign to pray for your neighborhood regularly.