

## Rule of Life



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A rule of life is a pattern of practices that provides structure and direction for growth in wholeness-love of God, self, others and creation. As you develop a rule of life, consider the what...where...who...

Daily...

Morning...

Midday...

Evening...

Weekly....

Monthly....

Annually....

What repeated routines and practices offer you air, space, and light to grow and flourish?

Where do you need balance in your life? What structures and support might help?

Some things to consider prayer, silence, retreats, exercise, friends, family, study, work, play, solitude, church, time in creation, beauty, creativity, service.

### **Some Questions for Reflection**

Here are some practical questions to consider in formulating a personal rule that fits who you are and where you are in your life right now. Read them and choose to reflect on the questions that “call your name.”

What events are shaping my life? What am I busy with?

What am I deeply attracted to in my life and why? What makes me feel most alive?

What is satisfying about my life? Unsatisfying or frustrating?

How are my *relationships* honored and given quality time? Do I see them as a place to find holiness?

What kind of *balance* do I need in my life? What would help bring it?

What would help *focus* my life on what is most important?

Where do I feel God is calling me to *stretch and grow*?

What spiritual practices do I feel especially drawn to right now? (It may be something classic, or perhaps quite unconventional: baking, chopping wood, playing with children, painting.)

What life-draining beliefs, habits, relationships, or fears do I feel called to move away from? What practices would support me in this process?

What repeated routines and practices (daily, weekly, monthly) offer me air, space, and light to grow and flourish?