

# Rule of Life Builder

To build your Rule of Life,

1. Prayerfully review your present life.
2. Look at the options below the chart for each of the practices. Choose from those provided and write them in the box next to that practice.
3. Add your own practices in the last row or wherever you find they fit.
4. Start small. You aren't supposed to fill every box (or even close to every box).
5. This is meant to be dynamic, changing as your life and life with God changes. What you put down today will change in some ways over time, even if there are some practices you vow never to change.
6. Be ready to discuss aspects of this with someone else. Don't make it a solo project. Ask them, "Where do you see an invitation from God for me in this?"

	Daily	Weekly	Monthly, Seasonally, or Annually
<b>Sabbath</b> We become a community of rest in a culture of hurry and exhaustion through the practice of Sabbath.			
<b>Prayer</b> We become a community of communion with God in a culture of distraction and escapism through the practice of prayer.			
<b>Fasting</b> We become a community of holiness in a culture of indulgence and immorality through the practice of fasting.			

	Daily	Weekly	Monthly, Seasonally, or Annually
<b>Solitude</b> We become a community of peace and quiet in a culture of anxiety and noise through the practice of solitude.			
<b>Generosity</b> We become a community of contentment in a culture of consumerism through the practice of generosity.			
<b>Scripture</b> We become a community of courageous fidelity to orthodoxy in a culture of ideological compromise through the practice of Scripture.			
<b>Community</b> We become a community of love and depth in a culture of individualism and superficiality through the practice of community.			
<b>Service</b> We become a community of justice, mercy, and reconciliation in a culture of injustice and division through the practice of service.			

	Daily	Weekly	Monthly, Seasonally, or Annually
<b>Witness</b> We become a community of hospitality in a culture of hostility through the practice of witness.			
<b>Other Practices</b> Your custom Rule of Life practices.			

## Practices You Might Select for Sabbath

### Weekly

- Set aside time to enjoy beautiful things (poetry, art, nature, music)
- Refrain from buying and selling on the Sabbath
- Host or attend a Sabbath feast
- Observe a digital Sabbath
- Get together with a close friend
- Have family time
- Take a nap
- Go on a walk in nature
- Spend time in the quiet
- Observe a 24-hour Sabbath

### Seasonally

- Go on a day or weekend retreat

### Annually

- Take a long annual vacation
- Go on a sabbatical

## Practices You Might Select for Prayer

### Daily

- Practice gratitude prayer
- Petition God with your needs
- Intercede for others
- Spend time listening to God's voice
- Pray through a psalm
- Worship with music
- Pray the Examen (a prayerful reflection on the events of the day)
- Journal your prayers and God's voice
- Pray from a lectionary
- Practice contemplative prayer
- Pray at set times throughout the day

### Weekly

- Go on a prayer walk
- Pray with your family or community
- Take a longer time of quiet prayer

### Monthly

- Engage in inner healing prayer
- Host or attend a community prayer night

## Practices You Might Select for Fasting

### Weekly

- Give the money you would have spent on food to the poor
- Fast for a full 24 hours
- Fast from one meal
- Fast two days weekly
- Fast until sundown (missing breakfast and lunch)

### Monthly

- Fast with your community
- Fasting one or more days

### Seasonally

- Take a solitude day for prayer and fasting

## Practices You Might Select for Solitude

### Daily

- Take an undistracted lunch break
- Schedule 10-minute windows of stillness throughout your day
- Journal
- Have a technology-free hour before bed
- Set aside a morning time of quiet prayer

### Weekly

- Set aside one day of no phone
- Schedule one night of no activities
- Schedule an hour of relaxation to connect with God

### Monthly

- Go hiking, backpacking, or camping

### Seasonally

- Schedule a quarterly retreat
- Take a solitude day (or time away from daily responsibilities)
- Go on an overnight retreat

## Practices You Might Select for Generosity

### Daily

- Actively look for an opportunity to bless someone
- Wait 24 hours before purchases

### Weekly

- Budget a weekly gift to church or those in need
- Simplify your possessions in order to give things away
- Take time to prayerfully review the week's spending

### Monthly

- Give to a ministry, charity, or cause
- Set aside money for a "blessing fund" to bless those in need
- Tithe
- Sponsor a child

### Seasonally

- Review your finances

### Annually

- Schedule a meeting with a financial counselor or planner

## Practices You Might Select for Scripture

### Daily

- Practice Lectio Divina
- Memorize Scripture
- Listen to Scripture
- Meditate on a psalm
- Read with a daily reading plan

### Weekly

- Read an entire book of the Bible in a single sitting
- Listen to a teaching
- Study biblical commentary or words
- Read books on biblical themes
- Read a devotional or Scripture with a loved one

### Seasonally

- Take an online class or course

## Practices You Might Select for Community

### Daily

- Spend time with kids
- Ask deep questions to start conversations
- Schedule time of emotional connection with spouse or close friend
- Call a friend to check in
- Practice active listening

### Weekly

- Eat a meal with your community
- Give an intentional blessing for your spouse or another
- Attend a Bible study or small group
- Attend a Sunday gathering
- Discern ways you've sinned and confess it to a trusted person
- Date or family night
- Give an encouragement or affirmation to someone
- Receive communion with others
- Take a friend to coffee or a meal
- Call, visit, or write a note to a loved one
- Host a dinner or game night
- Exercise with a friend

### Seasonally

- Host a party, prayer, or worship night
- Do an activity with your family or community (hiking, beach day, serving, etc.)

## Practices You Might Select for Service

### Daily

- Do something kind for someone and tell no one (discipline of secrecy)
- Embrace your work or parenting as service
- Help with chores (cooking, cleaning, etc.)
- Look for ways to bless or serve another

### Weekly

- Volunteer at your church or a local nonprofit
- Visit an elderly neighbor, family member, or community member
- Bring a meal to someone in need
- Look for ways to intentionally bless or serve your neighborhood
- Build relationships with the poor
- Mentor at-risk youth or children
- Practice hospitality toward those in need

### Monthly

- Support a family who is fostering a child
- Look for ways to grow as an ambassador of justice and peace

### Seasonally

- Dedicate a day or workshop to improve your craft

### Annually

- Go on a mission trip or service trip

## Practices You Might Select for Witness

### Daily

- Look for opportunities to pray with people for healing
- Listen for and share a word from the Holy Spirit with another
- Be present and unhurried
- Pray for coworkers and leadership
- Pray for specific people to come to God
- Bless people intentionally
- Look for opportunities to listen to someone's story

### Weekly

- Invite a friend to church
- Pursue relationships across racial, ethnic, and socio-economic lines
- Check in with coworkers, neighbors, and friends
- Schedule margin in your schedule for God to move
- Do something kind for someone randomly
- Invite coworkers, neighbors, or strangers into your life and activities
- Invite someone who doesn't know Jesus over for dinner

### Monthly

- Invite a coworker to coffee

### Seasonally

- Invite a friend to a community group

## Other Practices You Might Select

### Daily

- Sleep seven to nine hours a night
- Exercise
- Follow a healthy meal plan
- Read a book
- Drink enough water
- Limit your caffeine intake
- Follow a wind-down routine before bed
- Stretch
- Hit your step goal
- Engage in a hobby that brings joy

### Weekly

- Organize your calendar
- Schedule a family or community meeting
- Meal prep for the work week
- Express yourself creatively
- Spend time in nature
- Set aside time for mourning or grieving
- Attend a support group

### Monthly

- Check in with a mentor, therapist, counselor, or spiritual director
- Take friend, spouse, or children out for one-on-one time

### Seasonally

- Set aside time to learn a new skill
- Take a self-care day
- Review dreams and goals

### Annually

- Make an annual plan
- Attend a conference