

RULE OF LIFE WORKSHEET

*"A Rule of Life asks this primary question:
How do I live so that I can be who I want to be?"
- Ruth Haley Barton*

We cannot avoid spiritual formation. All of us are in the process of being formed. The question is, "Are we becoming more like Jesus or less like Him?" A **Rule of Life** is an intentional plan for resistance and formation into the image of Jesus for every area of your life. It's a plan for resistance against the deforming power of our world and also a plan for the practices and rhythms which can form you more and more into the person God created you to be; more and more like Jesus.

HOW TO USE THIS WORKSHEET

STEP 1: HONEST EVALUATION

Using the evaluation tool on the next page, spend some time in honest evaluation of your current Rule of Life and who you are becoming. You may not actually have a written rule of life, but you do have a set of rhythms and habits that are forming you either to become more like Jesus or less like Him in each area of your life. These may be intentional rhythms or unintentional ones into which you've defaulted. If you feel guilt or shame as you do this, move towards Jesus who longs to show you mercy and to remind you that you are forgiven and loved.

STEP 2: START YOUR RULE OF LIFE WITH IDENTITY & VISION FOR WHO YOU WANT TO BECOME

Start by writing a clear identity statement at the top of the Rule of Life plan. Who are you in Christ? Who do you want to become? Then, for each applicable life category, write down Jesus' vision for who you are in that area. *See the sample Rule of Life for ideas.*

STEP 3: ADD RHYTHMS AND HABITS TO YOUR RULE OF LIFE

Think about some habits or rhythms, whether daily, weekly, etc, that will help you become that kind of person. Here are some helpful tips:

- Start with the "Abiding" life category. This is the most important category.
- Start small, with just one or two rhythms for each life category you want to focus on.
- Make sure to include when (daily, weekly, monthly, etc.) you will do these. Be specific.
- We've provided a list of baseline habits. If you don't have these, start here. If you want other ideas, you can find more on the sample Rule of Life page.

STEP 4: TRY AND ADJUST

Try living in this Rule of Life. Remember this is not a way of earning God's favor, so your success or failure doesn't change how God sees you. After a few weeks, make adjustments. If there were habits that were too much, too fast, then adjust and set more attainable goals. Pay attention to what was draining and what was life-giving. Prayerfully adjust and keep going. A Rule of Life evolves as life changes, so come back to this every 3-6 months and reevaluate.

STEP 5: SHARE

Who do you need to share this with? Share with your spouse, a close friend, your DNA group, or others who will provide feedback, pray for you, and support you. *Note: Married couples or people seeking to align their lives may consider creating their Rules of Life together (separate, but complimentary rules).*

HONEST EVALUATION

Be honest about your current "Rule of Life." Remember, you have one, whether it's intentional or not. Use the worksheet below to help you. Start by thinking honestly about each area of life and if it looks like Jesus. Then, think about what rhythms (intentional or not) may be connected to this. Add or skip categories as needed.

Life Category	How does this area of my life look like Jesus or not look like Him?	Current rhythms of life that may shape this
Abiding / Relationship with God	Example: I feel disconnected from God. God feels distant.	It's hard to find time to pray and read Scripture. I wake and leave for work right away.
Singleness or Marriage		
Friendships		
Parenting		
Body		
Work		
Rest / Play		
Money		
Technology		

A RULE OF LIFE

A PLAN FOR RESISTANCE & FORMATION

Who Am I? Who Am I Becoming? (Write Your Identity Statement: "In Christ, I am...")

In Christ, I am...

Life Category	Jesus' Vision for Who I Become	Habits & Rhythms (Daily/Weekly/Monthly/Quarterly/Annual) What are one or two habits you want to start with? <i>(If you don't have baseline habits, see the sample page and start there).</i>
Abiding / Relationship with God		
Singleness or Marriage		
Friendships		
Parenting		
Body		
Work		
Rest / Play		
Money		
Technology		

SAMPLE RULE OF LIFE

Who Am I? Who Am I Becoming? (Write Your Identity Statement: "In Christ, I am...")			
<i>In Christ, I'm a beloved son becoming more like Jesus</i>			
Life Category	Jesus' Vision for Who I Become	Baseline Habits	Other Ideas
Abiding / Relationship with God	Abiding in Jesus & aware of God's presence	Daily prayer and scripture and gather weekly w/ church <i>Starting Out? 10 minutes in a Psalm and prayer daily</i>	Pray the Examen, BREAD Bible Reading (see Bible Reading guide), Fasting, Weekly Sabbath, Quarterly solitude, Intercessory Prayer Times
Marriage	Loving & serving my spouse selflessly	Daily touchpoints with your spouse	Weekly date night, regular and healthy sexual intimacy, regular getaways
Friendships	Truly known and connected to a few close friends & open to others	Engaged in my DNA group and Missional Community	Regular meals/coffees with close friends, Regularly open your table to neighbors, Part of a non-Christian community (monthly book club, etc.)
Parenting	A parent representing the Father's heart to my kids and forming them	Daily prayer for your kids, weekly relational time with each kid, family dinner 2-3x's a week	Annual vacation/adventure, regular "dates" with each kid, family game night/movie night, regular hobby with kids
Body	Physically & mentally healthy (Our bodies matter...it's through them that we come to know God!)	Regular bedtime to get min. needed sleep, regular workout routine or walk, healthy eating habits	Annual doctor/dentist/etc visits, Regular counseling/therapy, bedtime routine
Work	Using my time and skills to help others flourish	1-2 hours a day of focused work (not email and busy work)	A fixed-hour schedule (if possible) to preserve work/life balance, planned deep work, planning & vision days, regular work using your hands
Rest / Play	Able to stop working and truly rest and enjoy God's creation	Weekly sabbath (see our Sabbath guide)	Regular vacations (not escapes), hobbies, time outside, creative outlets
Money	A wise steward freed from the love of money and generous like God	Giving joyfully, generously, and regularly to serve the church (10% is great goal; but start where you can and build); regular budget update	Annual budget with attention to how you can give more away, Regular meeting with financial advisor or planner, Annually share budget with close friends and invite input
Technology	Using technology like a tool and not being used by technology	No phone before time with God in morning and no phone before bedtime (set hours where phone is away)	Daily or weekly limits for streaming movies/TV/sports/gaming, Regularly evaluate phone screentime report, Set times for social media