



*spiritual formation*

# RULE OF LIFE

We're all in the process of becoming someone. We're all being spiritually formed. The question is, "Who are you becoming?" Are you becoming more like Jesus? A Rule of Life is an intentional plan for resistance to the erosion of our world and formation into the image of Jesus in every area of our life. It helps us pay attention to who we are becoming and commit to the rhythms and habits that will form us into the people we want to become.

## **A Rule of Life**

Read the text: Matthew 7:24-27 & Ephesians 5:15-16

"Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it."

Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.

## **Discussion Questions:**

*These questions are written for DNA groups, but you can use them in any setting, including missional communities. Because they were written for the intimacy of DNA friendships, you may need to adjust for larger groups.*

1. "Everyone is in the process of spiritual formation, you can't escape it." Do you agree with this? Why or why not?

2. Whether you've ever created a Rule of Life or not, we all have some kind of Rule of Life that's shaping us. In other words, we have habits and rhythms that are forming us. In your current rhythm of life, are you becoming more like Jesus or less like Him? More full of love, joy, and peace...or more anxious, afraid, and sad?
  
3. Have you ever stopped to evaluate your rhythms and habits for the different areas of life and ask how they are shaping you? What has that looked like for you?

**KEY: Make a plan for filling out the Rule of Life Worksheet** and then discussing it together the next time you meet. Stop right now and download the guide. This will guide you through a simple process in creating your own Rule of Life. **You can find it here: [doxa-church.com/formation-rol](https://doxa-church.com/formation-rol)** or on the **Doxa App**. You can also find a 4-part guide to learn more together (Consider working through this as a group in your coming meetings).