

The Rule of



vStudents Edition

We all have a rule of life, whether it's on purpose or not.

Questions to ask yourself.

Who are you, really?

Who does God want you to become? Who are you called to be?

What does God want you to do? What is your purpose? Think about small things you can do regularly and big things you can only do with God's help!

What do you love about yourself? What do you want to or think you should change about yourself?

Thinking about these questions, try to describe yourself briefly.

What is a rule of life exactly?

Rules... rhythms... habits... schedule... routine... plan... practices... intentionality... consistency... spiritual, physical, emotional, self! A lot of words to think about, some we like more than others, but we all want to be our best selves and be who God has called us to be!

The word 'rule' comes from the Latin word, regula, like regulate. The same way a refrigerator or A/C regulates temperature to keep things cool or the way your heart regulates your heartbeat and blood flow to keep you alive! Keeping a rule of life is a way to regulate or regularize our lives, to stay on an intentionally-chosen path, and to live on-purpose. It's not merely a set of rules, rather, it's a supportive framework to gently guide us on our way.

Why are rules valuable? What's good about them and what can be a problem with them?

Life is a balancing act - church and prayer, work, chores and school, friends and recreation, spirituality, self-care, home and family, just to name a few!

What are you balancing? Are you dropping any balls? How can you prioritize so you're not dropping the most important ones?

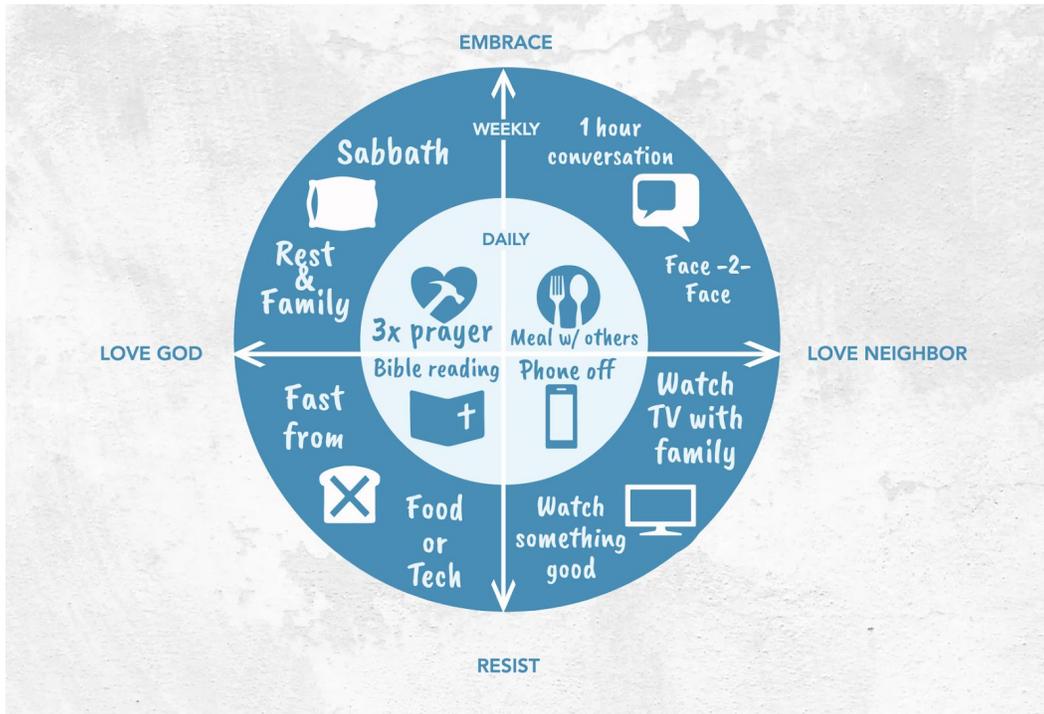
You can live a life that is more aligned with who you are meant to be. Discover spiritual rhythms that move at the pace of grace and align you with your unique identity and calling in Christ.

We have regular daily and weekly rhythms.

One way to think about how to set up your rule of life is 4-directional -
Upward to God Inward to Self,
Withward in Community Outward in Mission

What are some areas of your life that you need to work on? Think about the four directions(upward, inward, withward, outward), new year's resolutions, and the current season of your life.

One good way to start is with 4 daily and 4 weekly habits. Check out the graphic below for examples!



Now let's try your own!

Fill out with your ideas	Daily	Weekly
Inward		
Outward		
Upward		
Withward		

In case you mess up!	Daily	Weekly
Inward		
Outward		
Upward		
Withward		