

# PRACTISING THE WAY - A RULE OF LIFE

*In this Practising the Way series we have explored Practices to help us be transformed as apprentices who seek to be with Jesus, become like Jesus and do what Jesus did. Our apprenticeship to Jesus has to offset ways that we are being conformed to the pattern of this world (Romans 12:1-2). So how can we counter unintentional formation with intentional spiritual formation?*

## How can we see Transformation Happen?

Transformation happens through the power of the Holy Spirit as we are being renewed through good Bible teaching, being intentional through spiritual practices and being family in Christ-centred community. Philippians 4: 8-9 sums this up perfectly!

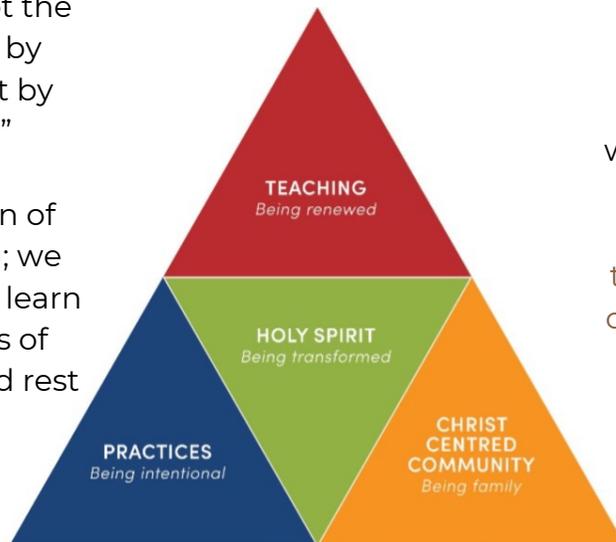
To experience the life of Jesus, we have to adopt the lifestyle of Jesus. Not by “trying really hard, but by training really hard.”

As we ask the question of who are we becoming; we need to slow down and learn the unforced rhythms of grace where we will find rest for our soul.

## Rule of Life

This plan will help you develop a personal rule of life to follow the pace and practices of Jesus. It's been said that we achieve inner peace when our schedule is aligned with our values. A rule of life is simply a tool to that end.

Rather than a rigid, legalistic to-do list, it's a life-giving structure for freedom, growth, and joy.



## Step One: Reflect

Prayerfully reflect on each column one at a time, giving yourself a little time to identify your current practices, and to imagine what a more intentional rule of life could look like for you in this season. Prayerfully reflect, what practices are currently part of your life (daily, weekly or monthly)? What are 1-2 new practices you want to add in, cut out or change in your daily or weekly routine?

## Step Two: Try it Out

Spend a few weeks living into your plan, and see how it feels. If it feels burdensome or boring, pay attention to that without judgment, and consider what you need to change.

*What's working and what's not working? What's bringing you life? What's draining you?*

Talk about it with a partner, close friend, or life group member.

## Step Three: Revise & Commit

Based on step 2, adjust your plan to what seems best, and commit to it for an extended season of time (we recommend a minimum of three months, and maximum of a year).

Over that time period, create space for reflection via journaling, talking to a friend, or just taking a walk and thinking about it, to see what effect a life organised around "abiding" to be with Jesus. become like Jesus and do the works of Jesus is doing for your transformation into a person of love, joy and peace in the Kingdom of God.

# DEVELOPING A PERSONAL RULE OF LIFE

OUR GOALS	BE WITH JESUS	BECOME LIKE JESUS	DO THE WORKS OF JESUS
<p>Practices I have explored this term</p>	<ul style="list-style-type: none"> <li>o Prayer</li> <li>o Reading Scripture</li> <li>o Silence and Solitude</li> <li>o Fasting</li> <li>o Sabbath</li> <li>Others _____</li> </ul>	<ul style="list-style-type: none"> <li>o Discovering Identity and Calling</li> <li>o Forgiving as we have been forgiven</li> <li>o Living in Community</li> <li>o Simplicity</li> <li>o Embracing Grieving and Loss</li> <li>o Others _____</li> </ul>	<ul style="list-style-type: none"> <li>o Eating &amp; Drinking (Hospitality)</li> <li>o Peacemaking</li> <li>o Sharing the Gospel</li> <li>o Teach &amp; encourage others from the Scriptures</li> <li>o Being a Redemptive Influence in the marketplace</li> <li>o Others _____</li> </ul>
<p>What does this look like?</p> <p>DAILY</p>	<p>RENEW: What practices will help your mind, heart &amp; spirit to be renewed to be with Jesus every day?</p>	<p>GROW: What practices are you intentionally growing in to help you continue to grow to become like Jesus?</p>	<p>SERVE: Who are the people that you interact with and seek to love and serve daily? What practices do you want to intentionally apply to help them love and grow?</p>
<p>WEEKLY</p>	<p>REST: What will a Sabbath (or rest in general) look like for you in your weekly rhythm?</p>	<p>BELONG: Which TCBC service, Life Group and other Christ centred communities are you committing to?</p>	<p>GIVE: Responding to the needs of the church and the world, as a weekly or monthly practice, who are you generously giving your time and/or money to?</p>
<p>MONTHLY</p>			