

Practice 7: Craft a Rule of Life

(adapted from pp. 124; 130–133 of the *Practicing the Way Companion Guide* available at practicingtheway.org)

This week's exercise involves **crafting a Rule of Life** to support our relationship with Jesus in this season. There is no "right way" to craft a Rule of Life and there is no one-size-fits-all approach to spiritual formation. Write a Rule that reflects your personality, situation, and community.

You can use the [blank Rule of Life Chart](#) to create your own. If it helps, refer to the [Example Rule of Life](#) or pp 131–133 of the Companion Guide for ideas of what this can look like at different ages and stages.

If you prefer working digitally, use the Rule of Life Builder available at www.practicingtheway.org/ruleoflifebuilder.

Suggestions for Crafting a Rule of Life

- Start small. Start where you are, not where you think you should be.
- Aim to have two or more rhythms (daily, weekly, monthly, seasonally).
- Start with the practices we have covered in this course:
 - Daily prayer and Scripture in solitude.
 - Weekly Sabbath.
- You can continue these practices and add, subtract, or adapt as you sense the Spirit's invitation.
- Remember that a Rule of Life is dynamic. It will change with the seasons of life and stages of discipleship. Expect to revisit and update it regularly (i.e. every 4–6 months).

Rule of Life Chart

Practices	Daily	Weekly	Monthly	Seasonally or Annually
Prayer				
Solitude				
Scripture				
Sabbath				
Generosity				

Practicing the Way at SPL

Practices	Daily	Weekly	Monthly	Seasonally or Annually
Fasting				
Service				
Community				
Witness				

Rule of Life Chart - Example

Practices	Daily	Weekly	Monthly	Seasonally or Annually
Prayer	Pray a Psalm to start each day.			
Solitude	Stop for 5 minutes during the day to be still with God.			Take a half-day away.
Scripture	Read with a daily reading plan.	Listen to a teaching/sermon.		
Sabbath		Observe a 24-hour Sabbath (usually Sunday).		Take an annual vacation.
Generosity		No shopping on the Sabbath.	Give 10% of my income to the church and to a charity that helps the poor.	

Practicing the Way at SPL

Practices	Daily	Weekly	Monthly	Seasonally or Annually
Fasting		Go without food for one day a week. (Fast until dinner.)		
Service		Do something kind for someone and tell no one about it.		
Community		Attend a Sunday gathering. Meet with my small group.	Meet with a spiritual friend.	
Witness	Pray for my "one more" to find and follow Jesus.			Look for opportunities to connect with someone I'm praying for. (Have a meal, go for coffee, invite to church ...)

What practices do others use?

Below are the practices that Practicing the Way and Bridgetown Church have in their shared Rule of Life.

Prayer

- Pray in the morning, midday, and evening (daily)

Solitude

- Set aside a morning time of quiet prayer (daily)

Scripture

- Read with a daily reading plan (daily)

Sabbath

- Observe a 24-hour Sabbath (weekly)

Generosity

- Give 10% of income (monthly)

Fasting

- Fast until sundown, skipping breakfast and lunch (weekly).
If you want to join in, SPL leaders often fast on Wednesdays.

Service

- Practice hospitality toward those in need (weekly or monthly)

Community

- Attend a small group (weekly)
- Attend a Sunday gathering (weekly)

Witness

- Invite someone who doesn't know Jesus over for dinner (weekly or monthly)