

Rule Of Life for Families

A family "rule of life" (ROL) is a helpful way to begin healthy rhythms and boundaries for children and families. It is never too early to develop ways to ensure we grow to "both know and show the love of God in Christ." Often, a lack of healthy family rhythms can be due to a lack of intentional planning. Developing a ROL provides a plan that works with your specific family. While many practices would help develop the spiritual life of the family, consider incorporating the following three:

SCRIPTURE: The Bible is God's Word to us. The more we know God's Word, the more time we spend in God's Word, the more we hear directly from God by His Spirit.

PRAYER: Like any relationship, talking and listening helps build that relationship. Prayer is talking with God, and it acknowledges our dependence on Him.

HOSPITALITY & MISSION: God desires that we love our neighbor. Sometimes, loving our neighbor means standing up for them, praying for them, or even providing for them, if we can. We should always be on the lookout for ways to show and tell of Jesus' love.

As a family, consider how you might also be able to incorporate the other four practices below:

SABBATH: As a family, having rhythms of rest is important. Ask the question: What times of the week ensure that we rest as a family?

WORSHIP: Worshiping together as a family reminds us that God is the center of our family life, and the church is one way God strengthens our families. Ask the questions: Are we prioritizing worship in the life of our family so that we together build a lifelong habit of being with God's people? As part of God's people, as a family in a local church, how are we serving and supporting the work of the church?

COMMUNITY: God never intended for our spiritual walk to be one we do alone. Christian community is one of the ways God helps us grow. Ask the question: Who are the people who encourage our family? Who are those from whom we can learn to grow in family life?

PHYSICAL & MENTAL HEALTH: Our family habits and routines can impact our physical and mental health. Ask the questions: Do we as a family care for our bodies through healthy physical activities? Do we limit the influences that impact our mental health, influences like social media, phone time, entertainment, etc.?

Scripture:

Best time to sit and read together (Circle):

Morning | Afternoon | Evening

What will we plan to read together?

How long can we realistically spend?

_____ seconds/mins

Prayer:

Best time(s) to pray together (Circle):

Morning | Afternoon | Evening

Time 1: _____

Time 2: _____

Hospitality & Mission:

What are some ways we can show the love of Jesus to others?

Who are some people for whom we can pray that they would experience the love of Jesus?

1. _____

2. _____

3. _____

Helpful Resources:

Scripture:

- Younger Children
 - [The Jesus Storybook Bible](#)
 - [The New City Catechism for Kids](#)
 - [Long Story Short: Ten-Minute Devotions to Draw Your Family to God](#)
- Older Children
 - [The New City Catechism Devotional](#)
 - [The Bible Project Reading Plans](#)

Helpful Resources:

Prayer: A.C.T.S Prayer

Adoration: A time exalting God

Confession: A time to confess our sins

Thanksgiving: A time to thank God

Supplication: A time to ask God to meet needs

Helpful Resources:

Hospitality & Mission:

- Discuss the ways we showed the love of Jesus today.
- Discuss the ways we hope to show the love of Jesus tomorrow.

For details and more resources, go to www.reh.nyc/ruleoflife