

ROL RULE OF LIFE

A “rule of life” (ROL), from the Latin word for *trellis*, is an intentional structure we give to our lives to maintain healthy rhythms and boundaries so that we can grow upward (in our relationship with God) and outward (in our mission to the world) with greater fruit. In the words of our vision statement, a ROL plan helps us “both know and show the love of God in Christ.” Our lack of healthy rhythms is often due to a lack of thoughtful and intentional planning. Developing a ROL provides a self-paced plan to move us toward a measure of health.

Consider committing to the following seven practices. While you might not yet be able to engage all seven to their fullest capacity, try nonetheless to have some of each as part of your plan. And remember, be realistic! It’s ok to start small.

Scripture: The Bible is God’s Word to us. By the presence of the Spirit and the Word of God, we have everything we need for life and godliness. The more we know God’s Word, the more time we spend in God’s Word, and the more we hear directly from God by His Spirit. Scripture is God’s primary way of communicating with us, so as we prayerfully approach Scripture, we can hear God speak back in His Word.

Prayer: Cultivating a prayer life is foundational to a growing spiritual life. Like any relationship, communication—sharing and listening—deepens relationships, produces trust, and provides an opportunity for greater affection to another. Our prayer is communication with God, but it is also an act of worship as we acknowledge our dependence on and need for Him.

Sabbath: Pick a day/time you will commit to cease from work. This time should be used for rest, rejuvenation, and an orientation toward the goodness of God and His creation. Ideally, your Sabbath will span an entire day (six days of work, one day of rest), but you might need to start with a morning, afternoon, or evening and progress toward incorporating rest into an entire day. Another practice may be to observe Sabbath rest on two half days.

Worship: While all areas of life are opportunities for worship, specific rhythms of worship that take us outside of ourselves and into the lives of others are also necessary for healthy spiritual rhythms. *Corporate worship*, by the Word and sacrament, reminds us of our place amongst the people of God. *Generosity* reminds us that every good gift is from God for His glory, not our own. *Service* provides ways for us to show the love of God by being His hands and feet both inside and outside 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. The encouragement, rebuke, and accountability within Christian community is unlike any other form of relationship. Developing Christian community is often foundational to our long-term spiritual health.

Physical & Mental Health: Prioritizing our physical and mental health can be vital to a vibrant Christian life. We should prioritize doing things that promote a healthy body (regular exercise, eating healthy) and mind (engaging with content and/or practices that lead toward mental health), but we should also avoid doing things that undermine physical health (sedentary lifestyle, excessive drinking/smoking, etc.) and mental health (forms of social media, extend screen time, in-take of particular types of content).

Hospitality & Mission: As we develop our inner life with God, so should we develop our outward engagement with others. In such engagement, through word and deed, we seek to show the love of God in Christ. In *hospitality*, we seek to show the welcome of Christ by loving and welcoming others, especially those quite different from ourselves. As people on *mission*, we seek to share our hope in Christ with others so that they might, too, experience such hope.

<p>Scripture:</p> <p>Reading plan:</p> <p style="padding-left: 40px;">M'Cheyne Bible in a Year The Bible Project Other: _____</p> <p>Times (Circle):</p> <p style="padding-left: 40px;">Morning Afternoon Evening</p>	<p>Prayer:</p> <p>Morning prayer: _____ am for _____ mins Focus:</p> <p>Afternoon prayer: _____ am/pm for _____ mins Focus:</p> <p>Evening prayer: _____ pm for _____ mins Focus:</p>	<p>Sabbath:</p> <p>Day (Circle:) Su M T W Th F S</p> <p>Time (Circle): Morning Afternoon Evening All Day</p> <p>What will you do? (e.g., Scripture, prayer, journaling, exercise, museums, family/friend time)</p> <p>Who will your sabbath impact (e.g., spouse, roommate, employee)? Decide if you need to discuss your new rhythms with them.</p>
<p>Worship:</p> <p><i>Corporate Worship:</i> What must I do (not not do) to better prioritize gathering for corporate worship?</p> <p><i>Generosity:</i> How can I be living a more generous life, especially in the areas of time and money?</p> <p><i>Service:</i> How can I be regularly serving, even as I am regularly served?</p>	<p>Community:</p> <p>Write the names of 2-3 people in the city with whom you can regularly share, pray, and encourage one another.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>Physical & Mental Health:</p> <p>Physical Health:</p> <ul style="list-style-type: none"> • What will I do to promote better <i>physical</i> health? • What should I limit or stop doing to promote better physical health? <p>Mental Health:</p> <ul style="list-style-type: none"> • What will I do to promote better <i>mental</i> health? • What do I need to limit or stop doing to promote better mental health?
<p>Hospitality & Mission:</p> <p>How can I regularly and sustainably show the love of Christ to others, especially those who have yet to follow him?</p> <p>For whom will I commit to praying that they would experience the hope found in Jesus?</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p>	<p>Helpful Resources:</p> <p>Scripture:</p> <ul style="list-style-type: none"> • Bible in one year <ul style="list-style-type: none"> ◦ M'Cheyne One-Year Reading Plan ◦ The Bible Project One-Year Reading Plan • Bible in two years <ul style="list-style-type: none"> ◦ Volume 1 ◦ Volume 2 • Helpful Study Bibles & Resources <ul style="list-style-type: none"> ◦ Gospel Transformation Bible ◦ The Bible Project <p>Prayer</p> <ul style="list-style-type: none"> • Morning and Evening - Charles Spurgeon • A Diary of Private Prayer - John Baillie • Small Simple Ways - Vinita Hampton Wright <p>Sabbath:</p> <ul style="list-style-type: none"> • Article: "Six Ways to Practice Sabbath" - Tim Keller <p>Worship:</p> <ul style="list-style-type: none"> • Information on corporate worship • Information on church membership • Help article for processing your giving • Volunteer opportunities <p>Community:</p> <ul style="list-style-type: none"> • Community groups • Classes <p>Physical & Mental Health:</p> <ul style="list-style-type: none"> • Practices for mental and physical health <p>Hospitality & Mission:</p> <ul style="list-style-type: none"> • Public Faith Resources 	