

Creating a Rule of Life

Scripture: Romans 12:1-2 msg

Place Your Life Before God

So here's what I want you to do, God helping you: Take your everyday, ordinary life— your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Prayer of St. Patrick

“I arise today. Through God's strength to pilot me; God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to guard me, God's way to lie before me, God's shield to protect me, God's hosts to save me Afar and anear, Alone or in a multitude.

Christ shield me today. Against wounding. Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ in the heart of everyone who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in the eye that sees me, Christ in the ear that hears me.

I arise today. Through the mighty strength of the Lord of creation.”

What is a rule of Life?

Notes:

An _____ framework or system for life with God, crafted and inhabited under God's _____.

Sunday, April 3, 2016

The first word of the Benedictine Rule of life is _____.

Creating a Rule of life has three stages: _____, _____, and _____.

Framing a Rule of Life

- Roles & Relationships
- Gifts
- Desires
- Vision
- Mission

Forming a Rule of Life

- Time

- Trust
- Temple
- Treasure
- Talents

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ANNE	TIME	TRUST	TEMPLE	TREASURE	TALENT
Daily	Start day with prayer; read Bible with kids	Attentiveness to husband and children; awareness of their needs; personal space as needed	Fix nourishing meals; drink lots of water; eight hours of sleep if possible!	Categorize all purchases (keep receipts)	Be the best wife and mom I can be for my family!
Weekly	Family to church!	Moms group; talk with mentor; time with a friend	Get a run in 4x/week	Tithe to church; make sure kids have \$5 for offering too	Keep reading books and magazines to keep my mind stimulated
Monthly	Bi-monthly moms' group and couples' study group	Mom's day off! Bi-monthly date nights	Walk with friend on wood trail or along ocean	Willingly and joyfully review credit card bill with husband.	Do something creative—concert, movie, paint, etc.
Quarterly					
Annually	Women's retreat	Make holidays special; family vacations; birthday joy	Dentist 2x/ year; annual physical; Take kids for checkups too!	Help with tax return.	Keep ahead of what needs to be done around the house and tackle one project at a time

Fulfilling a rule of life

- Community

- Context

Reflection time:

Roles & Relationships: What are the primary roles and relationships God is inviting you to focus on?

Gifts (Focus on the question that strikes you most): In what ways has God gifted you? What about your work, or life makes you come alive most? How might God be inviting you to cultivate your gifts?

Desires: What longings, desires, or passions has God put in your heart? What would it look like to focus on them in a fresh way?

Vision: What's something that's broken, or wrong in the world around you (big or small) that you know God wants to make right?

Mission: How do you see God at work in your life, and the context in which you find yourself? How might God be calling you to respond?

Sunday, April 3, 2016

Further reflection: Take one question and look at your life on the daily, weekly, monthly, quarterly, and annual level and discern how God might be inviting you to focus your time towards that (Relationship, gift, desire etc.)

Time: how are you focusing your time on this?	
Daily	
Weekly	
Monthly	
Quarterly	
Annually	