

CREATING A RULE OF LIFE FOR THE RHYTHM OF LIVING adapted from *Soul Feast* by Marjorie Thompson
Basic Questions to reflect upon when developing Your Rule of Life for Your Rhythm of Living:

As I reflect on my closest moments to GOD ... what assists me as I move toward the center of my soul?

What obstacles or resistance am I finding as I seek to connect to GOD ... the core of my being ... the center of my life?

What spiritual practices or aspects of the spiritual life am I deeply attracted to and why?

Where do I feel God is calling me to stretch and grow in my spiritual journey?

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*It is unlikely that we will deepen our relationship with God in a casual or haphazard manner.
There will be need for some intentional commitment and some reorganization in our own lives.
But there is nothing that will enrich our lives more than a deeper and clearer perception of God's presence
in the routine of daily living. William O. Paulsell (in Soul Feast p 137)*

When we are working through our Rhythm & Rule of Life, It is good to keep the tension we find in this verse written by Paul in the Letter to the Philippians: ***“Work out your own salvation ... for God is at work in you”*** (2:12-13)

Consider these areas of your spiritual life and your responses to them, from strongly attracted to not attracted at all:

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| ⊕ Prayer | ⊕ Fasting |
| ⊕ Reflection | ⊕ Concern for my community and the world/issues I am most concerned about |
| ⊕ Scripture | ⊕ Service to others |
| ⊕ Spiritual Reading | ⊕ Family life |
| ⊕ Church community | ⊕ Care for physical body |
| ⊕ Worship | ⊕ Personal Issues & Attitudes |
| ⊕ Creativity | ⊕ Spiritual Direction & Accountability |

Writing your Rule of Life ...

1. Consider all of your study, prayers, and meditations on creating a rhythm & rule of life.
2. What are some of the areas in which you sense God the Master Gardener is working in the garden known as your spiritual life ... Choose at least one area of strength (this will be a life-giving space in your spiritual life ... a place of gifting) to sustain you and one area you consider your growing edge (this will be a place where you sense God is calling you and is challenging you)
3. Make a commitment to some type of spiritual discipline in each of these two (or more) areas. That commitment can be as narrow or as wide-open as you need as long as it is not “boundary-less.”
4. Write at least one sentence stating your commitment for each area you have chosen.
5. Journal at least weekly with your “Rhythm & Rule of Life” to see how it continues to call you to be mindful of God’s presence and working in your daily life ... If you find something not working for you: go back, begin again by contemplating your trellis and vine. Work through the prayer experience again. You may want to make changes in your practice of the spiritual life or simply make a deeper commitment to what you already identify with.
6. When your Rhythm & Rule of Life has chosen you and you have accepted it ... write it down, share it with your spiritual director or a spiritual friend and become accountable for it. ****Always remember: with a rhythm & rule of life you are making a commitment to loving obedience to God and God is responsible for the growth you do or do not experience. Remember, growth takes time!**