

The Formative Path

Week Twelve: Abiding Spiritual practice: Rule of Life

A “Rule of Life” is a guide or framework for living. Such a guide helps us integrate our faith into everyday actions and habits. Saint Benedict wrote, 'Your way of acting should be different from the world’s way; the love of Christ must come before all else.' A Rule of Life helps us live this out practically. All the practices from our journey can be building blocks for our Rule of Life such as scripture reading, prayer, worshipping God, etc.

We can structure our Rule under broad categories such as; Spiritual practices, Health and Wellness, Relationships, Work and Vocation, and Personal Development. Under each broad section, we list one or two items we want to do daily, weekly, monthly, quarterly, or yearly.

For each day, reflect and answer these questions:

- How well does my life reflect my faith?
- How can my daily routines support my spiritual growth?

Group Questions:

- How did my practice go last week?
- What do I hope to do this week?

Listen carefully, my child,
to the master’s instructions,
and attend to them
with the ear of your heart

~ St Benedict



Questions for the Journey

- ✓ What practices already bring you closer to God, and how could they be incorporated into your Rule of Life?
- ✓ What are the non-negotiables in your spiritual walk?
- ✓ What might God be inviting you to let go of or add to your Rule?
- ✓ Are there any categories (health, relationships) that you have neglected?
- ✓ How can you ensure that your Rule remains sustainable and life-giving?
- ✓ Who can you share your Rule with for encouragement and accountability?

Jesus tells us to set our hearts on the kingdom. Setting our hearts on something involves not only serious aspirations but also strong determination. A spiritual life requires human effort. The forces that keep pulling us back into a worry-filled life are far from easy to overcome. – *Henri Nouwen*



Scriptures for Reflection this week

Read these scriptures multiple times

- John 15:1-11 – Sermon Scripture
- Colossians 3:5-17 – Do and Do Not
- Matthew 6:5-34 - Practices
- Palm 1 – Happy / Blessed



ACTION ITEMS for the week

1. Create a Rule of Life first draft
2. Read this week’s blog for more information:
<https://bit.ly/path-week12>
3. Memorize / Meditate on the passages above.
4. More at <https://davidmullens.com>