



THE WELL CHURCH

**A RULE OF  
LIFE**

# WHAT IS IT?

A rule of life is a schedule and set of practices and relational rhythms that help us create space in our busy world for us to be with Jesus, become like Jesus, and do what Jesus did—to live “to the full” ( John 10v10) in his kingdom, and in alignment with our deepest passions and priorities.

While the word “rule” may strike you as a strict or binding constraint, the Latin word we translate “rule” was originally the word for a trellis in a vineyard. In the same way a vine needs a trellis to lift it off the ground so it can bear the maximum amount of fruit, and keep free of predators and diseases, we need a rule as a kind of support structure to organize our life around “abiding in the vine,” ( John 15v1–8) as Jesus imagined.

It’s been said that we achieve inner peace when our schedule is aligned with our values. A rule of life is simply a tool to that end. Rather than a rigid, legalistic to-do list, it’s a life-giving structure for freedom, growth, and joy.

*Taken from Practicingtheway.org.*

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*“The first and most basic thing we can and must do is to keep God before our minds... This is the fundamental secret of caring for our souls. Our part in thus practicing the presence of God is to direct and redirect our minds constantly to Him. In the early time of our 'practicing' we may well be challenged by our burdensome habits of dwelling on things less than God. But these are habits—not the law of gravity—and can be broken. A new, grace-filled habit will replace the former ones as we take intentional steps toward keeping God before us. Soon our minds will return to God as the needle of a compass constantly returns to the north. If God is the great longing of our souls, He will become the pole star of our inward beings.”*

*—Dallas Willard*

# Examples

## Developing a Rule of Life

1

**Silence and Solitude.** Time of intentional quiet to be alone with God.

2

**Scripture.** Spending regular time in God's Word.

3

**Prayer.** Committing to praying throughout the day.

4

**Fasting.** Abstaining from food for a period of time to deepen appetites for the presence of God.

5

**Life in Community.** Being together with others who are pursuing Jesus.

6

**Sabbath.** A day set aside for rest and worship, including church on Sunday.



**Step 1:** Consider your daily habits. Prayerfully think about how you spend your time. What is it that you do first thing in the morning? Do you feel stressed? Busy? Apathetic? How do you spend your day?

**Step 2:** Think about the above examples. Do you spend time in Scripture? Do you create space in your life to be alone with your heavenly Father? Is prayer a priority?

*Note: The above examples are not the only spiritual disciplines available to us. You could include sharing the gospel, spending time outside, slowing down and simplifying your life, physical exercise, practicing generosity + hospitality, etc. The goal is to abide in Christ.*

**Step 3:** Think through your daily, weekly and monthly rhythms (either individually or as a family/group). How can you incorporate daily bible reading? How will you remember to pray throughout the day? Consider how to include these practices into your rhythms of life.



**Step 4:** Write it out. What are you going to do on a daily, weekly and monthly basis to deepen your joy and help you abide in Christ? What needs to be removed from your life and what needs to be added?

*Remember, this isn't a to-do list. This is a trellis that is meant to help you grow.*

**Step 5:** Share it with someone. Don't go it alone. Invite others to participate with you. Don't allow this to be ritualistic and formal. Let this be a way to enjoy God and others as you pursue Jesus with your family, friends, community group, etc.

**A final word:** Jesus is better. Your daily rule isn't the goal. If you stick to this schedule to prove that you can stick to a schedule, you'll find yourself just as exhausted and frustrated as before. Jesus is the goal. If you use this rule to help you re-orient your life around Christ and his Kingdom, for the sake of knowing and abiding in Him, this will all be worthwhile.