

# Holistic Formation & Rule of Life Retreat

(Wisconsin/Northern Michigan Ministries Network)

---

## Part 1: Why Holistic Formation Is Vital

### Great Commandment (Mark 12:29–31):

“Love the Lord your God with all your \_\_\_\_\_, all your \_\_\_\_\_, all your \_\_\_\_\_, and all your \_\_\_\_\_.”

- **Body** – Temple of the \_\_\_\_\_ (1 Cor. 6:19–20)
- **Mind** – Renewal of the \_\_\_\_\_ (Rom. 12:2)
- **Soul (relationships)** – Put on \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ (Col. 3:12–14)
- **Spirit** – Abide in the \_\_\_\_\_ (John 15:5)
- **Vocation** – Work as unto the \_\_\_\_\_ (Col. 3:23)

### Discussion:

Which area is strongest in your life right now? Which needs the most attention?

---

## Part 2: From Assessment to Rule of Life

**A Rule (or Way) of Life is like a \_\_\_\_\_.**

It supports growth and fruitfulness in Christ (John 15).

### Step 1: Review your DDA results.

Circle/underline your 2–3 weakest areas.

### Step 2: Draft your Rule of Life.

Fill in 1–2 practices you sense God inviting you into:

- **Body** → \_\_\_\_\_
- **Mind** → \_\_\_\_\_
- **Soul / Relationships** → \_\_\_\_\_
- **Spirit** → \_\_\_\_\_
- **Vocation** → \_\_\_\_\_

### Step 3: Share one practice with your group.

---

## Part 3: What is Spiritual Direction?

- A ministry of \_\_\_\_\_ and \_\_\_\_\_ to God's presence.
- Not \_\_\_\_\_, not \_\_\_\_\_, but a sacred space to notice God's work.
- Rooted in the early \_\_\_\_\_ tradition and practiced today for renewal.

### Why it matters for pastors:

- Prevents \_\_\_\_\_ and \_\_\_\_\_.
- Helps integrate \_\_\_\_\_ and soul care.
- Provides \_\_\_\_\_ for living into a Rule of Life.

---

## Part 4: Closing Commission

- **Silent prayer:** Offer your Rule of Life to the \_\_\_\_\_.
- **Pair prayer:** Pray for one another's \_\_\_\_\_.
- **Group prayer:** Commission each pastor to live \_\_\_\_\_ and \_\_\_\_\_ lives in Christ.