

How to Develop Your Way of Life

I. What Is a Rule of Life?

A **Rule of Life** is a **Spirit-led, intentional, and flexible framework** that helps you live in Christ for the sake of others. It offers a rhythm of spiritual and practical disciplines that form you more fully into the image of Jesus in every area of your life.

II. The Five Formation Dimensions

1. Body

Formation of the physical self—your health, rest, and stewardship of the body as God’s temple.

2. Mind

Formation of thoughts, attitudes, learning, imagination, and attentiveness to truth.

3. Soul (Relationships)

Formation in emotional wholeness, intimacy, empathy, forgiveness, and life-giving connections with others.

4. Spirit

Formation through communion with God—prayer, Scripture, worship, discernment, and spiritual disciplines.

5. Vocation

Formation in your calling—living fruitfully and faithfully in the work, service, and mission God has given you.

III. Rhythm Paradigm: Daily, Weekly, Monthly, Quarterly, Yearly

Rhythm	Description	Purpose
Daily	Anchors your day in intentional presence with God and others.	Sustain grace, focus, and peace amid life's busyness.
Weekly	Establishes patterns of rest, reflection, and relationships.	Reconnect with God's purposes in your life.
Monthly	Creates space for deeper self-examination and renewal.	Assess growth, realign practices, and recalibrate priorities.
Quarterly	Provides time for solitude, assessment, and formation recalibration.	Step back for broader vision and spiritual formation planning.
Yearly	Encourages retreat, celebration, and renewal of the Rule.	Reaffirm calling, rest deeply, and celebrate God's faithfulness.

IV. Rule of Life Development Template

Each category includes sample practices for each rhythm. You can adapt based on your context, stage of life, and spiritual maturity.

1. Body

Rhythm	Practices
<u>Daily</u>	Hydration, movement (e.g., 30-min walk or workout), regular meals, sleep hygiene
<u>Weekly</u>	Sabbath rest; meal planning; limit screen time one day a week
<u>Monthly</u>	Body check-in (weight, sleep, energy); a restorative activity (massage, bath)
<u>Quarterly</u>	Physical exam or health screening; create fitness or nutrition goal
<u>Yearly</u>	Health retreat or extended hike; fast from sugar, caffeine, or alcohol

2. Mind

Rhythm	Practices
<u>Daily</u>	Scripture meditation, devotional reading, journaling, news intake limit
<u>Weekly</u>	Reflective reading or podcast; attend a class or Bible study

Rhythm

Practices

Monthly Write a reflection essay; share a learning with others

Quarterly Attend a seminar or retreat; tech detox for 24 hours

Yearly

Choose a learning goal or topic; read 2–3 books on that subject

3. Soul (*Relationships*)

Rhythm

Practices

Daily Intentional check-ins with spouse/family; forgiveness prayer

Weekly Family meal or outing; mentor or friend conversation

Monthly One life-giving conversation or meal with a trusted friend; meet with a spiritual director.

Quarterly Relational inventory (who gives/takes life); write notes of gratitude

Yearly Marriage/family retreat or vacation; meet with a counselor/doctor for physical

4. Spirit

Rhythm

Practices

Daily

Rhythm	Practices
	Fixed-hour prayer (morning/evening); Lectio Divina; examen; worship
<u>Weekly</u>	Attend church; corporate worship
	Spiritual direction or extended time in prayer/discernment
<u>Monthly</u>	
<u>Quarterly</u>	One-day silent retreat; fasting from noise/social media
<u>Yearly</u>	3–5-day silent retreat or pilgrimage; Rule of Life retreat

5. Vocation

Rhythm	Practices
<u>Daily</u>	Morning offering of your work to God; clear priorities; gratitude review
<u>Weekly</u>	Sabbath from work tasks; review vocational fruitfulness with spouse/mentor
<u>Monthly</u>	Evaluate alignment between calling and activity; service opportunity
<u>Quarterly</u>	Coaching or mentorship meeting; revise long-term vocational goals
<u>Yearly</u>	Sabbatical rest or vocational renewal retreat; vocational discernment retreat

V. How to Create Your Rule of Life

Step 1: Prayerful Discernment

Begin with prayer and silence. Ask:

- What is the Spirit inviting me to in this season?
- Where do I need healing, discipline, or deepening?

Step 2: Start Small and Specific

Choose **1–2 practices per category per rhythm**. Be realistic and grace filled.

Step 3: Write It Out

Use a journal or template. Organize by dimension and rhythm.

Step 4: Share It

Share your Rule with a spiritual director, spouse, mentor, or trusted friend for accountability.

Step 5: Review and Revise

- **Quarterly:** Reflect on fruit and fatigue. Adjust.
 - **Annually:** Retreat to renew and rewrite your Rule as needed.
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VI. Sample Rule of Life Chart (Blank Template)

Category	Daily	Weekly	Monthly	Quarterly	Yearly
Body					
Mind					
Soul					
Spirit					
Vocation					