

# THE WAY OF LOVE

## *Practices for Jesus-Centered Life*

### Designing a Rule of Life

- ◆ The idea of a “*rule of life*” comes from the Latin word *regula* and suggests a way to regulate or regularize our lives to stay on an intentional path. A rule of life is not just a set of rules to live by; rather, it is a gentle framework to guide and support us on our way.
- ◆ A rule of life allows us to live with intention and purpose in the present moment. It helps us clarify our most important values, relationships, dreams, and work.
- ◆ A rule of life is meant to be simple, realistic, flexible, and achievable. It is a purposeful tool to help us grow into a more meaningful life with God.
- ◆ Do not let the idea of a rule of life intimidate you. In “Living Intentionally: A Workbook for Creating a Personal Rule of Life,” David Vryhof suggests the following five guidelines for developing a rule of life:
  1. **Invite God into the process.**
  2. **Take time.**
  3. **Be gentle.**
  4. **Be realistic.**
  5. **Write your goals down.**

This document contains each of the prompts for reflection shared during the *Life Transformed* study for each practice. When answering the questions, be expansive and imaginative. Include any dreams or long term goals. Try to capture anything that comes to your mind and feels like something you might want to do.

The last page lists each *Way of Love* practice with space to record a personal way to implement that practice in your daily life. Use the thoughts, reflections, dreams, and goals from the questions for each practice. This is where it's important to be gentle and realistic. What are you able to do today?

If possible, identify someone with whom you can discuss your rule of life over time. That person needs to be someone with whom you can be honest and vulnerable. Another person's perspective can help provide clarity and deeper insight.

# **TURN**

**What is God calling you to die to so that you might live more fully? What practice will help you turn from what keeps you from life?**

# **PRAY**

**Prayer is a response to God's initiative, with or without words. What intentional prayer practices center you in God's presence, so you can hear, speak, or simply dwell with God? What practice can you commit to daily or weekly?**

# **LEARN**

**What ways of reflecting on Scripture are most life-giving for you? When will (or do) you set aside time to read and reflect on Scripture in your day?**

# **BLESS**

**What are the ways that the Spirit is calling you to bless others?**

# **REST**

**What practices restore your body, mind, and soul? How will you observe rest and renewal on a regular basis?**

# **WORSHIP**

**What communal worship practices move you to encounter God and knit you into the body of Christ? How will (or do) you commit to worship regularly?**

**GO**

**To what new places or communities is the Spirit sending you to witness to the love, justice, and truth of God? How will you build into your life a commitment to cross boundaries, listen carefully, and take part in healing and reconciling what is broken in this world?**



# THE WAY OF LOVE: LIFE TRANSFORMED

## My Way of Love Rule of Life

Write each of the practices that you decided to commit to doing during this study below.

Post this list somewhere you can see it every day.

**Turn:** \_\_\_\_\_

**Pray:** \_\_\_\_\_

**Learn:** \_\_\_\_\_

**Bless:** \_\_\_\_\_

**Rest:** \_\_\_\_\_

**Worship:** \_\_\_\_\_

**Go:** \_\_\_\_\_

**With whom will you share this rule of life to help you reflect on your practice?**

Write the person's name here and commit to talking with this person about your Way of Love rule of life.

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