

Rule of Life

A rule of life is a set of intentional spiritual practices, rhythms, and commitments that provide structure and direction for personal growth in faith, rest, and disciple-making. It's a personal plan to align daily life with spiritual priorities, such as prayer, reflection, scripture study, and disciple-making. Derived from a Latin word for "trellis," it serves as a framework to support and guide a person's spiritual journey, helping them "abide in Christ" and "bear fruit" in their faith.

Practices	Spirit	Soul	Body	Relationships	Finances // Generosity	Disciple-Making	Rest
Daily							
Weekly							
Monthly							
Quarterly							
Annually							

Rule of Life Examples

Spirit: Scripture, prayer, worship, fasting, silence, solitude, retreats.

Soul: hobbies, solo time, nature, workshops or conferences.

Body: stretching, exercise, healthy eating, adequate sleep.

Relationships: mentors, spiritual director, date nights, focused kid time, family, friends.

Finances//Generosity: tithe, offering, special giving, gifts.

Disciple-Making: being discipled, discipling others, seed sowing.

Rest: Sabbath, retreat, vacation.

