

Rule for Life

Rule for Life, or Rhythm for Life, provides patterns for our everyday lives that help us stay close, or draw closer, to God. These rhythms become something we do because they're habits and have become "who we are."

These Rhythms for Life will look differently than the world's rhythms of daily life. They will also vary among followers of Christ. These are personal rhythms that are practiced and tweaked over time, as we grow spiritually.

Through Rule for Life, we become a student of ourselves and learn how we operate best in order to fully experience the life God wants us to live. "Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long," Psalm 25:4-5 (NIV).

We might decide to make church attendance a priority. The result will be that we feel spiritually encouraged because we hear God's Word on a regular basis. We might decide to pray for others at a set time each day. This will increase our concern and care for others and take our eyes off ourselves. We'll grow closer to God as a result.

Rule for Life helps us to be true to who God made us to be. It's staying within the boundaries of how we operate best. Rule for Life helps us to know when to say yes and when to say no to a myriad of opportunities all around us.

Rule for Life helps us love God more, but it's never something we do to earn His favor. We already have His unconditional love and favor. Rule for Life sets us up in the best framework, or mindset possible, to stay close to God.

Consider the following rhythms for your life, or write your own:

Pray before the day begins. Pray before falling sleep.

Follow a Bible reading plan.

Be quick to forgive. Be quick to ask forgiveness.

Meet with an accountability partner regularly.

Say no to extra commitments when you need down time.

Spend more time at home than not on weekends.

Attend worship services weekly.

Prioritize phone calls from family, especially your spouse and children.

Plan a yearly family vacation.

Make a financial budget and follow it.

Routinely invite guests into your home.

Have an exercise routine and eat to stay healthy.

Consider the following guidelines to help write your own Rules for Life:

-In what area is God leading me to make Him a priority?

-What areas of my life need my focus?

-What helps me feel close to God? How can I incorporate that into my daily life?

-Where do I want to see changes? What new rhythms would promote those changes?