# interMission Rule of Life

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|  | **Daily** | **Weekly / Regularly** | **Monthly** | **Seasonally** | **Annually** |
| **Foundations** |  |  |  |  |  |
| **Prayer** |  |  |  |  |  |
| **Rhythms of Formation** |  |  |  |  |  |
| ***Missio Dei*** |  |  |  |  |  |