

a rule for life

*Finding Peace in
an Anxious World*



To be with God, to be like God, to act like God

“A successful performance at a moment of crisis rests largely and essentially upon the depths of a self wisely and rigorously prepared in the totality of its being – mind and body.”

—Dallas Willard, *The Spirit of the Disciplines*

Peace needs...

- ⊗ a rule—*a yoke*
- ⊙ a focus—*love God&people*
- ▨ a guide—*the bible*
- ▧ a language—*prayer*
- ⊖ a partner—*silence&solitude*
- ☼ a pause—*sabbath*
- ⊞ a people—*community&church*
- ||||| a rhythm—*fasting&feasting*
- ⌋ a limit—*simplicity*

1 Identify four *practices*

Pick three that are something you already practice to some degree or that come easily to you. Pick one that might be something you've never tried or is harder for you.

2 Identify the *pragmatics*

What are you committing to with this practice and how will you do it? Be specific!

3 Using the grid, identify the *relational*, *formational*, and *missional* aspects of each practice

Example: “I practice [discipline] to [draw nearer to God in this way] so that I can be [formed into this aspect of His likeness] and therefore [act in this way like God].”

practice	pragmatic	relational	formational	missional
a rule, a focus, a guide, a language, a partner, a pause, a people, a rhythm, a limit	What are you committing to with this practice and how will you do it? Be specific!	How is this practice helping me to know God and be with God? How do I experience God's presence through this practice?	How is this practice shaping me to be like God? How will this practice form Christlike character in me?	How will I then act like God in the world? What specific behavioral pattern do I hope to see replaced/redeemed?

practice	pragmatic	relational	formational	missional
fasting	24 hour weekly fast: Tuesday evenings (skipping dinner) and thru Wednesday evenings (break the fast by dinner with my community group)	I want to learn about the satisfaction of God and feel ultimately satisfied in his presence	Forms me into someone who looks to God for satisfaction	To stop seeking satis- faction from the things of this world and coping through consumption of food/drink