

RULE OF LIFE

As preached on Sunday, August 4th

1. What have you thought of this sermon series on Spiritual Practices? Has it been new material or something you're already familiar with?

2. Which of the practices has been the most meaningful for you? (Meditative Prayer, Lectio Divina, Honoring Our Bodies, Solitude & Silence, Feeling Our Emotions, Sacred Space, Community)

3. Which of the practices will you probably leave behind after giving them a try?

4. As you think through your ordinary weekly schedule, how much time do you think you can devote to spiritual practices each week? Each day?

5. Take a moment to think through how you can begin devoting yourself to specific practices every week across the next five months. Write this plan out in detail and put it someplace where you will see it often. This is your Rule of Life!

6. Select someone you can share your Rule of Life with and ask them to check in with you about your progress across the next few months. Ask them to pray that these practices will lead to a profound experience of God's healing and transformation in your life.