

## **Spiritual Practices Week 4 - Rule of Life**

**Read:** Acts 4:13; Psalm 118:24

**Share:** We are spending four weeks understanding spiritual practices and how they can help us as a church become more and more like Jesus and overflow His goodness into our nation. In our fourth and final video, Ryan, Charlotte and Priscilla will unpack we can identify where God might be inviting us to grow, what a rule of life is and how we can apply certain spiritual practices for a season.

**Watch:** Week 4 Video - Rule of Life

**Discuss:**

1. Why do the people take note of Peter and John having been with Jesus in Acts 4?
2. If people were to notice something about us from being with Jesus, what do you think they would notice? (This could be an opportunity to share with others and encourage them as to what we see in them or experience from them).
3. How could a “rule of life” be beneficial to you?
4. How might you discern where God is inviting you to grow?
5. Read through the examples of the “rule of life” below and share some thoughts around these.
6. Are there specific areas of your life you want to grow in? What are they and what practices would help with this?
7. What might a rule of life look like for you for the next season ahead?

**Extra:**

Examples of “Rule of Life” taken from “God in my Everything - Ken Shigematsu”

Ken’s Rule (married, 2 children, mid-50s)

- Take a 24 hour sabbath once a week
- Begin each day with scripture and prayer
- Pray the examen before going to sleep at night
- Run 2-3x a week, swim 2x a week
- Aim to be home by 5:15pm each day, and to be home at least 4 evenings a week
- Fast on Thursdays
- Go on a date with my wife once every 2-3 weeks
- Meet with a spiritual director once a month
- Host people in our home from different backgrounds once a month
- Take a yearly spiritual retreat with my mentoring group
- Take a yearly summer vacation with my family
- Take to my church and give to impoverished children and missions in the developing world

### Brittany's Rule (graduate student in her 20s)

- Daily spend time with God through Bible study, meditation or memorisation, prayer or worship
- Daily focus on eating as healthy as possible (no wheat or dairy and minimal sugar)
- Get at least 7-8 hours of sleep each night
- Sabbath each Sunday
- Participate in church at the Sunday evening service and at young adults on a Monday night
- Spend quality time with my best friend every week (play, exercise, recreation)
- Exercise 4 times a week
- Spend quality time with my parents and brother every two weeks
- Tithe
- Connect with my peer-mentor every other week
- Reflect on how I'm meeting my goals / living my rule and where I need to grow once a month

### Jonathan's Rule (in his 30s, married, no kids, engineer)

- Sleep 10pm - 5:50am daily
- Read Bible in mornings 4-5x a week
- Pause 5 minutes to reflect with God 2x a day
- Church weekly
- Bike to work 4-5x a week
- Football weekly
- Small group weekly
- Call Dad 5x a week
- Date night weekly
- Cook dinner 4x a week
- Give 15% of income away / month
- Camping for a week once a year
- Retreat twice a year
- Visit wife's family in Colombia yearly