

10 TOP TIPS Daily Discipleship



Creating a Rhythm of Life

A Rule or Rhythm of life includes three main areas: Knowing God, Knowing Yourself and Knowing Others. Your rule identifies how you are going to make this happen. Establishing a commitment to a regular set of *Holy Habits*, becomes a life enhancing routine, a framework within which to stretch and grow in faith. It helps us create space in our busy lives in which God can speak and act.

Set time aside in which to reflect on what you want and need in this list of ways of living with and for God. Take a retreat day*, or simply find a quiet space where you can think and pray. Or, you might be better in a coffee shop, watching God's world go by.

1

Think about the kinds of things that will help you to become more like Jesus and follow him more effectively. What will help you to grow as a disciple?

What actions do you need to include that are outward looking, e.g. caring for your neighbour? Write those ideas down too.

2

Luke's Gospel (2:52) tells us that Jesus grew in wisdom. Christians are called to grow in the same way, seeking to become the person God wants us to be: praying, reading scripture and worshiping regularly, caring for ourselves and others, living out our faith in practical ways.

3

Some things might be done daily, (praying, keeping a journal), some at least weekly, (time for worship, being with friends), some monthly, (reading a book about faith), some may be seasonal, (a Lent course), and some may happen just once a year, (a retreat).

4

Why not create a Family Rule of Life? What would be your regular ways of sharing talk about God in the family practices? How do you live together according to God's values?

5

You are God's beloved child. How will you care for your mind and body? You can include things like taking a daily walk, making time for cooking, eating healthily, enjoying a hobby or sport, or ensuring a sensible bedtime routine to aid sleep.

6

A Rule of Life can be written, or you can create a visual rule, a picture or photo board showing images of the things you will commit to.

A Visual Rule of Life

7

Don't be afraid to add some challenge, and be disciplined in maintaining your rule. The spiritual journey of learning, growth, and transformation requires our ongoing commitment; it doesn't happen overnight.

8

Prayer and reading scripture are important, and so is the faithful giving of your resources, e.g. time, money, or skills. How can you *give yourself away*? Include, *as you are able*, commitments to generous living, for example, helping at a local charity, checking on elderly neighbours, and giving financially to your church and an aid organisation.

9

Keep your intentions simple, realistic, 'do-able', based on your life patterns and responsibilities. Remember the New Year Resolutions abandoned by day 4? Committing to rise daily at 5am to pray 'til 7am is an aim likely to fail. It should be life-giving and not a heavy burden.

10

What Next?

"A good rule can set us free to be our true and best selves. It is a working document, a kind of spiritual budget, not carved in stone but subject to regular review and revision. It should support us, but never constrict us." *Margaret Guenther, wife, mother, and Anglican priest.*

Books:

A short booklet on creating a rule of life: grovebooks.co.uk/products/s-8-finding-a-personal-rule-of-life

Alan Hargrave, *Living Well: Finding a Rule of Life to Revitalize and Sustain Us*. London: SPCK 2010.

The Rule of St Benedict, written in the 6th century. See the booklet translated by Timothy Fry (1981).

Websites:

The Northumbria Community: 'What is a Rule of Life, why do we need one, and how we use one in everyday living?'

www.northumbriacommunity.org/who-we-are/our-rule-of-life/what-is-a-rule-of-life/

Young Franciscans: This website has another template you might wish to use. www.youngfranciscans.org/rule

24/7 Prayer: Follow a personal one day retreat* from: downloads.24-7prayer.com/prayer_course/2019/resources/pdfs/18%20How%20to%20Take%20a%20One-Day%20Retreat%20.pdf

Watch:

Creating a Rule of Life - Margaret Guenther: www.youtube.com/watch?v=dmiEgD3g7iY

Visit:

Find a place in which to spend some time, which *feels* sacred, holy. It may be a church, or retreat house, or, a park, or the beach. Ask God to help you think about what *Holy Habits* will bring you close to Him.

Talk to your Church Leader about creating a rule of life.

Or email collegeofsthugh@lincoln.anglican.org

Tel: 01522 504050



DIOCESE OF LINCOLN
faithful • confident • joyful

