

CRAFTING YOUR RULE OF LIFE

Start with prayer. Check in with God and see what rhythms and practices you feel would grow your relationship.

Reflect on your daily life:

- When do you feel closest to God?
- When do you feel most distracted or distant?
- What helps you remember God's presence?

After you've taken that inventory, craft a simple, flexible Rule of Life. For example:

- Set aside time each morning for prayer or Scripture.
- Commit to weekly worship and regular service.
- Practice gratitude at the end of each day.
- Build in moments of silence or Sabbath rest.

Remember, a Rule of Life is not about perfection. It's about intention. It can be adjusted as seasons change. The key is simply finding ways to connect with God in the midst of life.