

Creating a Rule of Life

Discover vibrant reflections on spiritual disciplines to inspire your journey! Use these insights to shape a colorful Rule of Life—intentional practices that nurture your connection with God, neighbor, and yourself.

 MUSIC connects us to God and each other, calming our minds and opening our hearts. Make time to listen or sing each day.	 SERVICE is love in action. Volunteer, help a neighbor, or use your gifts to bless others.
 PRAYER is simply talking and listening to God throughout the day to grow in our faith. Practices include prayer beads, prayer partners, breath prayer, fixed-hour prayer, and contemplative prayer.	 RELINQUISHING OUR FALSE SELF means releasing pride and old habits so we can grow into our true identity in Christ. Practices include self-examination, discernment, silence, and spiritual direction
 SOLITUDE lets us step away from distraction and listen for God's voice by scheduling uninterrupted time in a distraction-free environment to be alone with God.	 WORSHIP connects us with God and others. Make time regularly to praise and give thanks with celebration, gratitude, Holy Communion, and taking a sabbath.
 CREATION We are caretakers and stewards of all God has made. Practices include planting flowers or a garden, taking a walk, hike, or bike ride, or simply sit outside and marvel at God's creation.	 LOVE YOUR NEIGHBOR by offering others a taste of God's life-changing love through compassion, humility, justice, and stewardship.
VAHEAR GOD'S WORD through Bible study, devotional reading, or meditation.	 SMALL GROUPS offer support, encouragement, and growth. Join others to share, pray, serve, and build faith together.
 SPIRITUAL DIRECTION is working with someone specially trained to help you hear and respond to God's call on your life.	 SELF-CARE honors God through nurturing and protecting the body, mind, and spirit through rest, retreat, slowing down, and unplugging.

✨ Reflect & Respond ✨

- Which practices resonate most with you?
- Where do you sense God inviting you to grow?
- How can you weave these disciplines into your daily, weekly, or monthly rhythm?