## **RULE FOR LIFE WORKSHEET**

From Spiritual Disciplines Handbook by Adele Ahlberg Calhoun, pgs. 36-39

Before making a rule, take stock of your desires, natural rhythms, limits and times of closest connection to God. The following questions can provide you with insights about what is most important to you in a rule. (If the word rule makes you anxious, write a "rhythm for life."). Use these questions as a guide.

## Writing a Rule

1. When and where do you feel closest to God? How do you enter most deeply into an awareness of his love for you?

Pay attention to the experiences, practices, and relationships that draw you toward God.

Are there particular practices that open you to God?

Are there practices that seem to stymie you?

2. What is most important to you?

What gives you a sense of security and self-worth?

What would people who know you best say it's like to live and work with you?

Where do your relationships need attention?

Who do you want to become?

What receives the most attention in your life? Your spouse? Job? Family? Friends?

Hobbies? (These are not bad things. But when we love them more than God, we have an idol in our heart.)

If you had six months to live, how would you spend your time?

If you could write your own eulogy, what would you want to say?

3. What do you currently do to realize your goals and longings? Work? Study? Pray? Network? Socialized? Diet? Work out? Which of these things hinder and which help your spiritual journey? Which of these things hinder and help your spiritual journey? What practices suit your daily, monthly, and yearly rhythms and cycles?
What limitations are built into your life at this moment?
What longings remain steady throughout?
What responsibilities and rhythms change with various seasons?

5. Where do you want to change? Where do you feel powerless to change? Ask the Holy Spirit to help you do through grace what you cannot do through effort alone.

6. Choose several disciplines that arise from your desire for God's transforming work and that suit the limits and realities of your life. Begin your practice.

## Sample Rules for Life

- Dedicate every day (in the morning) for the glory of God.
- Confess my sins before I go to bed.
- Worship the Lord alone and with others.
- Practice the presence of God.
- Don't hold grudges- forgive others.
- Eat sensibly
- Pray for others.
- See my spiritual director once a month.
- Give all wandering thoughts to my Savior.

## Your Rule for Life:

