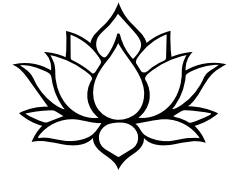


MY RULE OF LIFE



Developing a Personal Rule of Life: A Guide and Worksheet

A resource for seeking to live with greater spiritual intentionality

What Is a Rule of Life? A Rule of Life is a spiritual framework - a sacred rhythm - that helps you align your daily life with your deepest values and God's call. The word "rule" comes from the Latin *regula*, meaning a trellis: a structure that supports growth, not a burden of legalism.

Historically, Christians have used rules of life to live with purpose and intention. From the monastic Rule of St. Benedict to contemporary spiritual communities, these practices have helped people root themselves in love, faith, and service.

A Rule of Life is:

- Personal - shaped by your life stage, calling, and relationship with God
- Flexible - meant to be revised as your season of life changes
- Anchoring - a way to remember what matters most when life gets noisy

How to Create Your Rule of Life Set aside some quiet reflection time with this worksheet. You might return to this process regularly - monthly, seasonally, or at the start of a new year or school year.

Step 1: Reflection

Use these questions to prayerfully reflect on your current patterns.

1. What activities or moments help you feel most connected to God?
2. What consistently drains you or pulls you away from what matters?
3. What do you want to say "Yes" to more often?
4. What needs a loving "No" right now?
5. When this season ends, what do you hope to have cultivated?

Step 2: Drafting Your Rule

Choose 1-2 simple practices in each area to include. Don't try to do everything.
Begin with what brings life.



Prayer & Spiritual Practices

- When and how will I spend time with God?
- Ideas: morning prayer, journaling, Scripture reading, silence, Sabbath

My practices:

Rest & Renewal

- How will I honor God's gift of rest in this season?
- Ideas: Sabbath time, sleep routine, screen limits, nature walks

My practices:

Work & Service

- What work is mine to do in this season? How will I serve others?
- Ideas: vocation, volunteering, caregiving, household tasks

My practices:

Step 2: Drafting Your Rule

Choose 1-2 simple practices in each area to include. Don't try to do everything. Begin with what brings life.



Relationships & Community

- How will I stay connected with others?
- Ideas: meals with family and/or friends, phone or video calls, book club, Sunday School

My practices:

Body & Health

- How will I honor my body as God's creation?
- Ideas: movement, nourishing food, hydration, breathing, boundaries

My practices:

Step 3: Write Your Rule

Now, using your reflections, write a brief paragraph (or list) that expresses your current Rule of Life. You might begin: *In this season, I will seek to center my life around God's kingdom by...* Post your rule where you'll see it - your bathroom mirror, planner, refrigerator door. Return to it regularly. Let it guide you gently, not rigidly. And when needed, revise it *with grace*.

Remember: A Rule of Life is not about adding more to your plate. It's about choosing with intention what stays on the plate — and what helps you grow in faith, love, and joy.

"Seek first the kingdom of God..." - Matthew 6:33

MY RULE OF LIFE



PRAYER & SPIRITUAL PRACTICE

REST & RENEWAL

WORK & SERVICE

RELATIONSHIPS & COMMUNITY

BODY & HEALTH