



**BEGIN THE JOURNEY INTO  
 EMOTIONALLY HEALTHY SPIRITUALITY**  
 Part 8: Go the Next Step to Develop a “Rule of Life”  
 Acts 2:42-3:1

**+“RULE” of LIFE**

From the Greek word “TRELLIS”

A framework or structure to help enable us continually pay attention to God.



**“Devoted” to:**

1. Apostle’s Teaching
2. Fellowship (Greek for Sharing)
3. Breaking of Bread
4. Prayer

Benedict’s Rule – “Your way of acting should be different than the world’s way; the love of Christ must come before all else.”

**A GBC ‘Rule of life’ for our Members?**

Creating supportive communities where KNOWING God and each other deeply, GROWING disciples who become like Jesus, and GOING to serve Him in our everyday lives is an everyday reality.

What practical steps can you take to achieve our vision together?

**A Personal ‘Rule For Life’**

A ‘Rule of Life’, very simply is an intentional conscious plan to keep God at the center of everything we do. It provides guidelines to help us continually remember God as the source of our lives. It includes our unique combination of spiritual practices that provides structure and direction for us to intentionally pay attention and remember God in everything we do.”

“Your personal “Rule of Life” is a constantly changing document, a “live” work in progress – always. Give yourself lots of time for the slow development of what works best for you. As you examine your life, you may notice many areas that need work. The best approach is to start with only one or two elements for the first few months. Then, after you experience some success with those (you will soon notice that each element in itself is bottomless), you will want to add another building block to your “Rule.” Or you may want to stay with the same element to work on over a long period of time.”

**PRAYER**

- Scripture
- Silence and Solitude
- Daily Office
- Study

**REST**

- Sabbath
- Simplicity
- Play and Recreation

**ACTIVITY**

- Service and Mission
- Care for the Physical Body

**RELATIONSHIPS**

- Emotional Health
- Family
- Community (Companions for your journey)